

Shintaido's Two Sides

It has often seemed to me that Shintaido practice has two sides to it. There is the artistic, creative aspect, as well as an aspect of rigorous control. Shintaido could not be what it is without either of these two sides.

This Newsletter seems to express this duality quite clearly. On one hand there is an amazingly atmospheric article by Alyson Hallett, which seems to evoke what it actually feels like to practice Shintaido. On the other hand I am publishing the revised Shintaido Examination Curriculum, which sets out in black and white what we should actually be studying!

The latter should prove an essential reference tool for those who spend a lot of time in hitori-geiko.

Charles Burns

SF Spring Workshop

“Catching”

Led by Tony Hammick (General Instructor)

With Masashi Minagawa (General Instructor)

Saturday 27th March 1999

Keiko 1 10.00am - 12.00pm

Lewes Leisure Centre, Mountfield Road, Lewes

Lunch at a local Lewes cafe. (Price not included)

Keiko 2 2.30 - 5.00pm

7.00 pm: Evening Meal for participants

125, Preston Drove, Brighton, tel: 01273 556257

Sunday 28th March 1999

Keiko 3 9.30am - 12.00pm BHASVIC

Brighton Hove & Sussex VI College, Dyke Road, Brighton

Examinations up to Shodan Bo and 1st level Instructor

Light lunch available afterwards at

Flat 2, 13 St. Michael's Place, Brighton, tel: 01273 327958

Please bring your bo, bokuto or jo if you have one.

Participants are welcome to join in the regular
Friday night AI practice at BHASVIC
8.30 - 9.30pm price £5)

Costs

SF Supporters: £40
(Saturday only: £30)
(Sunday only: £15)

Non Supporters: £50
(Saturday only: £35)
(Sunday only: £18)

First-timers (Saturday only): £20

You can become an SF Supporter at the event from £15

Prices include Saturday evening meal and Sunday lunch.

Kyu level examinations and Shintaido evaluations are available for
£25.

Shodan level boh and Instructor level examinations are available
for £30.

Registration Details

There is no deposit payable for this event, however we do NEED to
know numbers of
participants in advance (by 21st March if possible). To register
please call Debbie Page
on 01273 556257

If you wish to take an examination or evaluation please tell
Debbie when you call to
register.

Overnight accommodation is available in members homes. Please
let Debbie know when you are
registering if you will want to stay the night.

1999 Program of SF Events

Spring workshop in Brighton on 27/28th March.
See box inset.

Summer gashuku in Bristol. Provisionally 3/4th or 10/11th July.
Details out soon.

Autumn workshop in Brighton on 23/24th October.

Put these dates in your diary now!

If you know of any other Shintaido related events being organised by your local branch, do please inform both the NIC chair and the Newsletter Editor to ensure maximum publicity!

AI Meetings, Bristol

NIC Meeting, Bristol, 14th November 1998

This meeting began by setting out the program for 1999 (see page 3!) and then moved on to discuss a number of job vacancies! Peter Bougas is retiring as Supportership Secretary. This role has now been taken on by Charles Burns, since it makes sense for him to have the Newsletter and SF database on the same computer!

Peter Furtado is retiring as SF Treasurer, and Marcus Grant is also seeking to retire as Equipment Manager. These last two posts are advertised elsewhere in this Newsletter, and any eligible SF Supporters should think seriously about taking on one of these key roles.

A huge "Thank you" is due to all three retiring Officers for many years of selfless service. These Officers form the backbone of SF, looking after it's everyday management, and yet their unpaid contribution is all too often taken for granted.

The meeting then voted on, and passed, the historic proposal to replace the post of Head Instructor with a Technical Panel. Accordingly SF is now led by a Technical Panel consisting of Masashi Minagawa, Tony Hammick (formerly Head Instructor) and Ula Chambers. These three between them will look at issues of "keiko direction", and will have the task of taking SF into the next millennium! May their courage never falter! They will initially sit for one year, during which time they shall attempt to re-evaluate the future constitution and role of the Technical Panel itself.

There is also a need for fresh faces in BOD. The Board of Directors is responsible for the day-to-day running of SF, and supposedly consists of 4 NIC members with at least 3 years practice. "BODs" can also be SF Officers. It is currently down to 2 members, both of whom are seeking to retire! In the

forthcoming year the new BOD will need to define carefully its relationship to the new Technical Panel. Broadly speaking, it will be responsible for translating the “keiko direction” of the Technical Panel into actual workshops and other events. BOD is also there to help and advise SF Officers in the performance of their various duties. SF Officers in their turn are accountable to BOD.

The SF structure of Technical Panel, BOD, and Officers (not to mention the NIC) may sometimes seem unnecessary and complex. With the current low numbers of Supporters this may, on occasion, be true. But SF now has a constitutional structure which can comfortably cope with a huge expansion in numbers without falling into chaos because those involved can't cope with the work load! All we need now is a huge expansion!

Charles Burns

Developing Body Wisdom

A personal view of a workshop led by Minagawa sensei last November

Cold November morning. Sky taut and smooth as an ironed sheet. Pure blue. Cobalt blue. Leafless trees lacing their bare, black arms, a gathering of magpies hopping in the grass. Breath turning white upon contact with the air.

Autumn moves towards winter. Seeds are flown and await the freezing that will bind them together until Spring. There is the distinct sense of the world stalling itself, finding sharper reflections as softness seeks the protection of hardened outer shells. This is the time of movement inwards to distil, integrate, discriminate.

Minagawa sensei begins by abandoning all well-laid plans for the workshop. There is no point in following a well worn path when there are new ones to be discovered. It's a brave decision. A Brave makes a brave decision and the courage it takes to do this moves like a wave amongst us. There is humour in setting out like a fool, an opening of the heart and an untethering of the mind. It activates a latent hunger to find new places, new feelings, new ways of communicating with whoever and whatever might be encountered along the way.

“Shintaido workd with the seasons” Minagawa sensei says. Rubbing his hands together, inviting us to make the circle smaller and benefit from each others body heat. Forming an O of people, we stand in the centre of the gym. Knitted together in preparation for the journey outwards. Like knights of The Round Table. Exchanging grins and laughter before setting out on an adventure.

Jumping. Of course we were jumping like frogs, like fleas. Twenty or more human-sized fleas bouncing up and down, shaking ourselves into our bodies, feet drumming the ground, arms loose and breath fast. Breathing the space alive. Breathing and shaking muscle, blood and bone into ction.

The day moved past like a movie - passing from one scene to the next. People meeting, people parting, voices rising, voices falling. We sliced the air and cut throught the walls to the horizon. We fell across each other's backs and stretched the spine until new pockets of air cushioned themselves between each vertabrae. "Ah" opened a thousand doors. "Uhn" quietly closed them again. We pulled ourselves wide open in tenshingoso, then settled back inside. Each one of us moving towards the mountain, moving towards offering more than we believed we had to give, then receiving into the places we had emptied inside.

Empty inside. Lunch was at Minagawa sensei's house in Downend. A feast of soup and bread and cheese. Four beautiful cats moving around with enviable ease, Minagawa sensei's wife and daughter welcoming us into their home and kitchen before setting out on a shopping expedition. After much chatter, we set off again with full bellies. Mercifully, the afternoon warm up included a long back massage. Hands cupped together to make a sponge, hands performing warming circles around the shoulder blades and along the sides of the spine. Food digesting, body being coaxed and gently reminded back into a river of work.

The afternoon was peppered with different exercises, including a swish-of-the-hip side step. Minagawa sensei demonstrated with great delight; and the room moved itself towards a feeling of dance-hall hilarity as we stepped out into a field of imaginary music. These steps were then translated into partner work, and we sashayed to the side of a fist, taking the arm upwards then spinning round and grounding our partner, energy moving them forwards into a roll. Roll after roll. Spontaneous movements appearing as the imagination took hold of the form and guiding it towards something new.

And it was as if the unknown was waiting for us. Waiting with open arms. inviting us in to play. And what were we guided by? Minagawa sensei's vision and our bodies. The intuitive intelligence of our bodies. Relaxed and open, there is no other way to be. Be. Like babies blessed with conscious intelligence. The alchemy of heart and mind working together and daring each one of us to expand and be more and more fully who, in fact, we actually are.

I am who I am.

The new body wisdom is old, but it does not ache with age. It sings with it. It tingles up, the spine in the same way that it tingles through the centuries. Encouraging us to see and feel, to become aware, to dare this practical philosophy of Shintaido beyond the dojo walls and back out into the darkened day.

Not day but night by the time we had finished. Sky black. The occasional star. No moon. Driving back into the city, skin shining, mind shining, heart shining. We were so light and bright that night, spacious as cathedrals inside. Energy moving sure and smooth as water from a spring.

Alyson Hallett

SF Officers needed!

There are 2 vacancies now open to anybody who wishes to have a fuller involvement with the organisation of SF, and to make a real contribution to the spread of Shintaido in this country. Anybody who is at assistant level or above, and who wishes to take their practice seriously, should consider taking on one of these key roles. Both the jobs involve a certain amount of time and effort, but with careful planning and time management this can be kept to an acceptable minimum.

1. Treasurer

This key job in the SF organisation will make you directly responsible for managing SF funds. You will need access to a bank in order to pay in cheques (promptly please!) forwarded to you by the Membership Secretary, and you will also be required to issue cheques to those involved in gasshuku organisation, newsletter production etc. You will be accountable to BOD, and will be required to submit Treasury Reports at NIC meetings (as and when they occur), detailing income and expenditure as well as funds currently available, etc. Applicants can be based anywhere in the country, and need to have a love of, and enthusiasm for, Shintaido. Please make your application to any member of BOD.

2. Equipment Manager

This is a large job, and is possibly suitable for a job share. Applicants should ideally be based in the Bristol area, since they will need to work closely with Marcus Grant (the retiring Equipment Manager) for the first few months. You will initially take on the stock holding and sales side of the job, whilst Marcus continues with procurements, and contacts with people who make equipment for SF. You will therefore need a certain amount of space available to keep stocks of equipment dry and secure!

Please make your application to Marcus Grant who will be able to advise in more detail what is involved.

A Kangeiko reminiscence.

When I realised that it wouldn't be viable to hold an SF kangeiko in London, I rang around my students to offer an outdoor cold practice in Brighton. Peter, Terry, Ru and Marina who had all been coming regularly to the Wednesday evening classes all bundled up in their warm clothes and came out to Wild Park one Sunday morning.

It was the same day that our friends in West London and in Australia had been practising, and there was a sense of continuity as the first outdoor practice of the New Year began.

It was foggy and a little mysterious when we began, but the sun burnt through the clouds as we finished our warm up and we found we were sharing the remote football pitch with an eager bunch of footballers learning shooting skills. They good humouredly imitated our "ah" as we reached up in tenso, and we included them in our practice.

We studied the connection between heaven and earth through tenso and then practised dai jodan kiri komi and chudan kiri komi, gradually getting bigger until we were swept up in an energetic eiko around the field (the footballers had left by then!)

What a contrast it was - from practising in a very small dojo about 20 feet by 15 feet - to the great outdoors with a vast sky, being able to use our voices freely. Terry, Ru and Marina who had never done eiko dai kumite before magnificently kept going with eiko, pushing out their energy for a very long ten/fifteen minutes, whilst Peter and I cut them freely with many different cuts.

Then we picked up our bokuto and learnt to take the bokuto out and open both into "ah" and directly to shoko. Peter delicately checked each person and their holding of the bokuto, until confidence was built up. Then we explored tenso and shoko - after a while everyone got it really well and we were able to do a simple kumite.

We finished with a longish shoko and, though standing in front, I felt everybody's deep sincerity pushing out to the very best of their ability even when it got hard.

It was the longest practice we had done altogether, in the fresh air and the change in people's condition was noticeable; faces and bodies were tired and a little spacey. We went and had soup together and rested.

It was such a positive beginning to the New Year, and I hope that all the people who came continue to extend their practice together.

Ula Chambers

A Picture of my class, by Ula!

Shintado Examination Program
Revised draft to be used from 1998

This is the current exam curriculum which will in use for the exams later this month. Keep it as a reference for future use, whatever your current level of attainment.

Shintaido (Kaiho-kei) qualification.

Master Instructor Shintaido-kenjutsu (kaiden) program
(Doshu) Substantial contribution to the
international Shintaido movement

General Instructor Kunitachi; sannin ichiretsu
(Dai-shihan) Kunitachi nos. 5 - 9
Substantial contribution to the national
Shintaido movement

Senior Instructor Kunitachi nos. 1 - 5
(Sei-shihan) Kumite: from receiving tsuki attack to
meiso-kumite
(tsuki - hikari - wakame)
Gasshuku management

Instructor Shintaido kenjutsu kihon kata "kyukajo" pt II
(nos 5 - 9)
(Sei-shidoin) Receiving for jodan-uchite attack (mae,
yoko, ushiro, saga-irimi)
Taimyo

P.I. or Graduate Shintaido kenjutsu kihon kata "kyukajo" pt I
(nos 1 - 5)
(Jun-shidoin) Eiko (dai) no kumite: 1 vs 3
Kirioroshi no kumite: (mae, yoko, ushiro, saga-
irimi)
Gorei to lead a group toitsu-kihon movement

Assistant Eiko (dai)
Eiko (dai) no kumite (continually beyond the
limit)
Toitsu-kihon (knee walking)

Shintaido jump
Gorei for jumbi-taiso
Sensei care, hakama ironing

Bojutsu

Go-dan Kata: Moses no kon (“Go down Moses”) (bo)

Yon-dan Kata: Hukuson (bo)
Kumibo: Soei-kumibo II (free hand receiving for bo attack)****

San-dan Kata: Matsukaze (bo)
Kumibo: Soei-kumibo I (bo vs. bo)***

Ni-dan Kata: Sakugawa
Kumibo: Renzoku-kumibo, nos 1 - 10**

Sho-dan Kata: Hojo (jo)
Kumite: Tenshingoso no kumite on seiza,
Eiko (dai) no kumite (free hand), 1 vs. 3
Kumibo: Shinjo (dai), nagare-ichimonji (kayak), 1 vs. 3

1 - 2 kyu Kata: Taisho (jo)
Kumibo: Shinjo (sho)
Kihon: Youdozuki (taguri-morote-zuki, zenshin + kotai), 2 styles
Jo kihon: Honte-uchi, gyakute-uchi, kaeshi-zuki, gyakuzuki-honte-uchi

3 - 4 kyu Kata: Mizu no kata
Kumibo: Eiko (dai) with bo, 1 vs. 1
Yon-hon kumibo (sei, dai)
Kihon: Eiko (dai) with bo

5 - 6 kyu Kata: Kaze no kata
Kumibo: Kihon-kumibo, nos 1 - 4
Kihon: Eiko (sei) with bo, dai-jodan-uchi, kohan, ryuhi, sanpoh-uke (2)

7 - 8 kyu Kata: Hi no kata
Kumibo: Neriai (uchikomi vs. uchikomi, tsuki vs. kohan)
Kihon: Eiko (dai) with free hand
Ten-nage, catch bo, jodan-uchiharai (fudo-dachi zenshin)

Gedan-barai (fudo-dachi kotai)
Chudan taguri-tsuki (fudo-dachi zenshin)
Jodan-gyakute-uchi (fudo-dachi zenshin)

9 - 10 kyu Kihon: Mochikae, juggler bo
Suihei-uchi, kiba-dachi with kiai
Chudan taguri-tsuki, fudo-dachi with kiai
Jodan-uchikomi, fudo-dachi with kiai
Morote-zuki, fudo-dachi zenshin, with kiai

Bojutsu notes

* Kihon kumibo (left & right)

1. Dai-jodan vs. kami-ichimonji-uke
2. Jodan-uchikomi vs. jodan-uchikomi
3. Chudan-tsuki attacks vs. kohan
4. Chudan-tsuki attacks vs. ryuhi

** Renzoku-kumibo (left & right)

1. (2 x jodan-uchi) + (1 x dai-jodan-uchi) vs. (2 x ichimonji) + (1 x o-inazuma)
2. (3 x jodan-uchi) vs. (2 x gyakute-uchi) + (1 x shoten)
3. (3 x jodan-uchi) vs. (2 x uchikomi) + (1 x doto)
4. (3 x jodan-uchi) vs. (2 x gyakute-uchi) + (1 x yama-arashi)
5. (3 x jodan-uchi) vs. (2 x gyakute-uchi) + (1 x okuriashi-barai, in)
6. (3 x uchi-komi & chudan tsuki) vs. (2 x uchi-komi & kohan) + (1 x uchi-komi & ryuhi)
7. (3 x chudan-tsuki) vs. (2 x kohan) + (1 x matoi-otoshi, in)
8. (3 x chudan-tsuki) vs. (2 x kohan) + (1 x daiheigen, out)
9. (3 x chudan-tsuki) vs. (2 x nagare-ichimonji) + (1 x irimi-nage, out)
10. (3 x gedan-uchi) vs. (2 x ryuhi) + (1 x matsukaze-uchi)

*** Soei kumibo I

Bo vs. bo against jodan attack

1. Daisharin or uchimuso ~ yama-arashi ~ (against dai-jodan) oh-inazuma
2. Okuriashibarai ~ sashikomi ~ momogari
3. Doto ~ irimi-nage (out) ~ yamabiko

Bo vs. bo against chudan tsuki attack

1. 2 x hayase-kudari ~ daiheigen or hayase-nobori
2. 2 x ryuhi (in) ~ matoi-otoshi (in)
2 x ryuhi (out) ~ ikazuchi (out)
3. 2 x kohan (in) ~ osotogari (in)
2 x kohan (out) ~ osotogari (out)

Kumite: Renko (1 vs, 3), tameshi-zuki

Sho-dan Kata: Tekki + kanku or enpi

Jujitsu Jodan: (in) doto or irimi-kirikomi
(out) osoto

Chudan: (in) makikomi, kouchi, uchimuso,
deashibarai

(out) sotomuso, kaben-gaeshi

Kumite: Renko (tsuki, keru)

1 - 2 kyu Kata: Heian (sho)

Kumite: Renko (tsuki)

Kihon: Maegeri + mawashigeri + yokogeri (renzoku)

3 - 4 kyu Kata: Heian (dai)

Kumite: Ten no kata & chi no kata

Kihon: Mawashigeri, nidangeri

5 - 6 kyu Kata: Taikyoku (dai)

Kumite: Chi no kata (chudan-zuki vs. tenchi-kirikomi or
gedan-barai)

Kihon: Toitsu-kihon waza (jiko-ken on fudo-dachi
zenshin)

Chudan-gyaku-zuki, yokogeri

7 - 8 kyu Kata: Taikyoku (sho)

Kihon: Toitsu-kihon waza (kaisho-ken on fudo-dachi
zenshin)

Chudan-honzuki, (fudo-dachi zenshin with kiai)

Maegeri with kiai

9 - 10 kyu Kihon Tenshingoso (sei) & (dai), eiko (dai)

Chudan-honzuki (kiba-dachi with kiai)

Bristol Branch Report

Advertise on a tree! So Marcus says after his most recent wave of publicity (including some well placed trees) brought 16 new students to his first beginner's class in January.

Perhaps our annual meditation week to start the New Year helped. Recently we've been gathering in small groups rather than everyone trying to get to one place or going it alone. We have also gone laissez faire and we offer an indoor meditation practice, based on 10 point meditation as well as the more traditional shoko practice with bo. The "shoko people" started and ended the week together with Minagawa sensei, and in the

middle had a Downend group and a Bishopton group where Naomi led the indoor meditation.

There were the occasional landmarks; the night we had the clock upside-down and did an extra 10 minutes; the night fireworks went off as we lifted our bokutos (honestly!); and the starry, starry nights. The most enduring impressions were of a strong sense of camaraderie, and a deep sense of calm. Minagawa sensei led our local kangeiko with panache, despite marshy conditions underfoot.

Ito sensei popped over to Bristol for an intensive Valentine's weekend of keiko with Minagawa sensei, and held a social to welcome him; with Pattie's delicious pumpkin soup and a plum wonder from Michelle.

The weekly classes are ticking over and are about to be supplemented by a children's after school Shintaido club at Bishop Rd, which Masashi is teaching with Naomi's support. We will report back on this venture in another Newsletter.

Debbie Evans