

Editorial

The new Millennium Edition contains, fittingly enough, three different versions of the Millenium Kangeiko led by Minagawa sensei in Bristol. There are also some photographs of the event, thoughtfully taken, scanned, and e-mailed by Marcus.

All energies seem bent on the Haguro 2000 event in Japan this summer, and a number of SF members will be attending. Your editor was hoping to be one of them, but found himself already contracted for an event in England by the time the dates were finalized! Initial hopes of extricating himself were eventually dashed, amd so he'll be supporting the event from afar and, as usual, publishing the reports, of which I hope there'll be lots.

This is the last Newsletter in the current Supporterhip year. Renewal papers will be going out in early April, please return them them quickly. Remember you ought to be an SF Supporter to attend events, including Haguro 2000. Even for those who no longer practice, Supportership, as the name implies, is the best way to support the work of SF, and to "stay in touch".

Charles Burns

1. Haguro2000 Scholarships

Following a prompting from Marcus the Technical Committee have realised that we have been lax in implementing distribution of monies raised for the Japan event scholarship. Therefore in a late attempt to appease outraged voices we have agreed to offer a belated three scholarships to SF members only, of the amount of £500 to go towards airfares.

2. The reformulation of management of SF.

The above matter has highlighted the fact that there is no SF organisation in place at this moment, rather the structure is there, but there are only three officers, and no BOD is in place. The Technical Committee does not feel it is their role to make decisions or institute financial or organisational matters. It is therefore necessary to write to the few people who are members for them/us to decide collectively how SF should organise itself for the future.

Ula Chambers

The light

On 9th January 2000 we did kangeiko (cold day practice), traditionally the first group gathering at the beginning of the

year, in Bristol. It was cold and the ground was frosty when we started practice. We felt like we had entered a new world, like stepping into a white field.

The most enthusiastic Shintaido practitioners who had been doing Shintaido meditation from the beginning of the year joined the morning practice; every one had made a big resolution to practise. During the practice every one became free, it seemed their bodies melted into nature and I could see brightness from their bodies spreading into the field and the sky. The breeze was so gentle to us and the sunlight blessed us. It was a beautiful morning. As practitioners we search for guidance. We want to understand not only our daily problems but also the great message from the Universe. I forgot everything and just enjoyed watching everyone's light. I thought I was witnessing the fruit of Shintaido for everyone. We watched each other and exchanged our impressions of the movements. I had had a very strong feeling in the beginning that I should lead the practitioners to the future, but I still had no clear answer before Keiko as to how to do this. I am always taught the answer through Keiko. Heavy clouds around me became clear, and then we enjoyed the practice under the blue sky and shining sun. Everyone just enjoyed the practice, nature, people, and universe. We felt calm, still and peace was in our bodies.

In May this year the International Shintaido event will be held in Japan, so we decided to continue the 100 days Shintaido meditation to prepare and support the event. I would like to congratulate people for completing a 100 days meditation.

Aoki Sensei recently sent me the test print of his coming Shintaido Bojutsu book in English.

Michael Thompson, General Instructor and Co-founder of Shintaido of America and also the author of 'Untying Knots' wrote in the foreword as follows:

"I am sure that anyone who is familiar with Shintaido will rejoice in the publication of this long-awaited 'definitive word' on Shintaido bojutsu, and perhaps the start of widespread Shintaido bojutsu movement all over the world....."

I am looking forward to reading the book, as I remember the time about twenty years ago, when Aoki Sensei used to come to my house in Noborito in Japan almost every day to practice. At that time he was having visions about Shintaido and Bojutsu, and he used to tell me about his experiences. I studied from him even though he was in a physically poor condition after many years of creating Shintaido. He never gave up his aspirations and always spoke to me excitedly about Keiko, like a child concentrating on a task. He showed me how to continue doing Keiko, no matter how difficult the stages are. Through his

teaching, one day suddenly I felt he seemed to disappear in front of me. I stood in the opened field alone. The darkness had gone and I saw a faint gleam of light showing me a new path of my life. I felt I could go anywhere on my own feet. With the same feeling as Shoko exercise, standing meditation with Bokuto, I just gazed at the light in the distance.

We had a visit from the Itake family one Sunday. They are staying in England for one or two years. We had a good time, chatting and laughing. I enjoyed talking to Ryoko San, she told me about her experiences at Aoki Sensei's seminar which she attended in Japan. She had a very moving experience and I was impressed by her sensitivity. She did Shintaido breathing exercise, Taimyo, under Aoki Sensei's instruction. After the Taimyo exercise she saw the whole room was flooded with a beautiful light like the blazing red of the setting sun. The scene touched her to the heart. That story reminded me of the scene of my beloved my hometown and Rakutenkai, the original group of Shintaidoists. I have been in U.K. for 10 years. I would like to say thank you to such wonderful mentors and friends who showed me the light of the future and for encouraging me.

Masashi Minagawa

A Sparkling Kangeiko

Sunday January 9th year 2000 was a divine frosty morning one of those mornings when you'd say "Ooh it's too frosty I'll turn over and have a lie in." This morning I was up before the dawn and greeted it in seiza meditation, tidied the house strewn with children's party food, and evidence of lots of visitors. Put my home in order, dressed warmly, and stepped out to a beautiful blue sky! Cars on the street had amazing frost patterns all over them, and the allotments were clothed in white. Being collected by Pattie felt like a lovely treat as did sharing the start of the year's meditation with her.

Oldbury Court was sparkling! Our dojo has memories for me of summer earth dust and winter mud. This was clean crisp and sparkling. We all sparkled and following Marcus was a real treat he has a way of getting us to come out and play and use lots of space. We came together into a wonderful circle and melted the frost under our feet! I felt very unstiff!

Eiko was the main theme, beautiful to watch and encourage. We noted that "unnn" is very important. Masashi said "give yourself enough time to prepare and not to rush it. Open relaxedly and for enjoyment sake." We gave each other feedback and it was very valuable. I found out that people saw me

differently from the way I feel about myself which is very encouraging! So while I felt clumsy, messy, and straggly, my body communicated puppydog, big and inclusive, earthy perhaps earthbound, generous, and facing a new challenge, and something about bounding up and sniffing everyone in a room. This gave me another picture of myself to relate to, I promise I won't sniff though! Thank to all that were present and for your gifts.

We all agreed that our bodies show to others what we can't see in ourselves.

Belinda French

Kangeiko, Shoko and Prison

(written in Koper Prison, Slovenia, Monday 14th February)

I was going to write this article about the wondrous Kangeiko 2000 whilst I worked on a 10 day assignment in Slovenia. I am in Slovenia to run a series of village workshops as part of a rural economic development programme. The work is funded by the British Government, part of the assistance for Slovenia to join the EU in the next round. On day three, I was arrested in my hotel room at 3 am and taken away by four policemen. By 6 am I was in Koper, one of Slovenia's most notorious court and jail complexes. It was a simple case of mistaken identity. My name was similar to a suspect wanted for massive tax fraud (my date of birth, height, fingerprints and lack of a tattoo were different, but in an ex-police state that is not of major concern). Koper Prison is notorious for being easy to get in, very difficult to get out. So I want now to also write about Shoko and Shintaido in jail.

I am sitting on the top bunk, my bed. We are locked in the cells for 22 hours a day. I have the photos from the Kangeiko here with me in the cell. I have just received Valentine cards from Vicky, Ashley and Jesse via fax from the British Consul when he came to visit this afternoon. Also much appreciated greetings from Jaine, Debbie and Jenny Peringer in San Francisco.

Shoko practice

In preparation for Japan (and my life) I wanted to make a deep commitment to Shintaido over New Year. My first year of positively looking forwards to the Shoko practice, a very good Autumn's teaching behind me. I am in London with family during the practices early in the week, so I warm up with 15 minutes Shoko in back gardens in London. Later that week at Minegawa Sensei's for three nights and two nights at Peter and Naomi's. Absolute breakthrough in concentration, focus, commitment and being, wonderful, wonderful, painful and challenging Shoko.

Kangeiko

The Kangeiko starts on a frosty field. Blue sky, white grass, breath in steam. Eight of us and Minegawa sensei, including one of my students, Caroline. Simple Keiko in three movements.

Movement One

Simple loose kicking followed by Eiko. Big cold Eiko, once up the field, once down the field and one more free form for anyone wanting more. I am wearing tabi, my toes are frozen wet and painful. Following the Eiko we each receive feedback from everyone else in turn. This takes almost an hour as in turn we review, comment and define observations of what we have experienced of each other. Many insights. Caroline, her first ever workshop, contributes fully with some incisive awareness.

Movement Two

Taikimai; sun breaks out, big spirit. Warming up again. Whirling around in the big space.

Movement Three

Shoko with Bokuto bliss, at peace. Strong, friendly, familiar.

Prison in Slovenia

After being processed in Koper from 6 7.30 am I was locked in cell 52, already occupied by 2 inmates. About 10.00, exercise time, taken with ten or so others in our wing down to the prison courtyard. An internal yard, about 2 tennis courts side by side, a square. Hm.

Everyone is just walking round in the direction of the Ma, I walk for two or three circuits, then think, why not run, why not a clandestine Eiko. I take off my coat, take off my jacket and begin to run a circuit; after literally three paces an angry guard makes it clear running is not allowed! I walk around the circuit, proud, in imaginary Eiko for a hour or so.

11.00 Taken to court

12.30 Back in cell 52.

I resolve to start full Shintaido practice if I am in prison more than a week. I had brought all the Taimyo handouts and booklet with me to study in Slovenia, I even have them here in the cell. For the first few days in prison I feel all the Shoko practice of the new year coursing through my veins. I could not have coped so well with this descent into what could be a nightmare.

Complete loss of all future horizons; an environment where I control so little. All I have is inside me, all I can rely on is inside me. The Shoko is internal resource.

One week later I start formal Shintaido practice in Koper Prison, Slovenia. First day in my cell. Stretching, warm ups, very, very slow Suchi in Kidudachi and Taimyo.

Day 2: In the exercise yard. I warm up with an hour of brisk walking (four miles?). Then next to a bench I take off my coat and begin some leg stretches, knees, koshi, neck. Then Taimyo Part 1.

Day 3: Matjai, my ex junkie cell-mate takes an interest and wants some lessons. Second day of regular sessions in the yard. I concentrate on warm-up and twice around Taimyo.

Day 4: Taimyo etc. plus a couple of silent Tenshingoso.

Day 5: Merengo ,an immigrant smuggler, asks me in sign language when I will start Shintiado.

Day 6: Rain all day. Meso jumping & kicking in cell 52.

Day 7: Add a bit of Eiko kihon and Kaisho in Fudodachi for variation.

Day 8: Taimyo with stepping.

Day 9: I look around after the warm-up to see quite a bit of clandestine stretching and waist turning. People are so unconfident about body movements. Taiymo with stepping. Tenshingoso.

This Prison was built as a monastery in the 17th century.

Written in Cell 52

Marcus Grant

Short Summary of Summary Slovenian Justice

I was arrested at hotel Valantine in Kocevje at 3am at night on 2nd February 2000. This was on the third night of my ten day visit. I was undertaking rural development work as a tourism planner for the British Know-How Fund. The police had mistaken me for a suspect with a similar name but different date of birth. There was a warrant out for the immediate arrest and imprisonment of this suspect (a British National) for gross tax frauds committed in 1993/4 in Koper, near to Trieste.

I was driven to Koper and taken to the police station and then the prison. I was not, despite repeated requests, given the opportunity to phone the British Consulate, a lawyer or the project director. Details of my arrest and court hearing would seem to be in breach of Article 6 of the European Convention on

Human Rights. At least two codes in the Slovenian Constitution were also broken.

I spent two weeks in Prison. I was not allowed to phone my family, my lawyer or the British Consulate. The British Consulate were not formally informed of my detention - this is in breach of the Hague Convention.

It is likely that two sections of the Slovenian constitution were broken and the same actions contravened article 6 of the European Directive on Human Rights.

The suspect they are looking for is 15cm taller than me, has a tattoo (I have none). He was in Slovenia 93-94 to commit his crimes (my passport shows that I did not enter the country during this period). He has a different name, date of birth, height, build and fingerprints (obviously). The Slovenians had had a warrant for his arrest since 1995 but did not appear to have any of these basic features of identity at their disposal - or were not using them to distinguish between myself and the suspect.

I was released from Koper Prison at 3pm on 16th February. Just in time for my birthday on the 17th and a week's family holiday in Lanzarote flying out that day.

The British Vice-Consul in Slovenia, Simon Hall, and the British project director worked for my release which involved Interpol, Scotland Yard and the Ambassador and friends in England. I could still be in Koper if it was not for them. The Slovenian Authorities, including my Slovenian lawyer, took no initiative to sort out the mistake. Even my release papers do not actually clear up the problem, I was released in the name of the suspect!

At present, I can not go back to Slovenia with any confidence that I will not be arrested again. There may also be problems for me in other Eastern European countries, I am having to go back through Interpol to clarify. The incident is also being raised in the prime minister's office in Slovenia and pursued by the British Ambassador.

Marcus Grant 20/3/00

HAGURO2000

Theme F Uchu to Tomoni, Shizen to Tomoni, Subeteno Hitobito to Tomoni.

(To be with the Universe, To be with Nature, To be with All people.)

Date May 3-6, 2000

Location F Haguro-machi, Yamagata-prefecture, JAPAN

Dear Shintaido members all over the world,

At last, it gives me great pleasure to formally invite you to the coming quadrennial international gasshuku to be held in Japan in May on the verge of the 21st century - HAGURO 2000.

This gasshuku will be a special occasion to meet Shintaidoists from all over the world. During the gasshuku, special keikos will be held amidst great nature, a sense of oneness will be shared with others, the philosophy and techniques of Shintaido reconfirmed.

The theme of this gasshuku will be " To be with the Universe, To be with Nature, To be with All People." With this theme in mind, we can begin to develop our imagination and thought our bodies. With people of different culture, language and sense of values, we can deepen our keiko and philosophy. Spanning time and space, coming in contact with absolute existence and the cosmos.

Reconfirming "Ten, Chi, Hitobito, Ware Ittai" (Oneness of Heaven, Earth, Self and Others) we will share liberty, peace and joy from the soul. And hopefully, when the gasshuku is over, we will all return to our homes carrying some of the light we have shared. Let's join together for the international gasshuku with great hope for developing the Shintaido movement of the 21st century. We are looking forward to seeing you in May!
Tetsuaki Kudo, Gasshuku Director

Location

The international gasshuku will be held in the town of Haguro, Yamagata Prefecture. This region, distant from Tokyo and other big cities, is known for its beautiful countryside and old traditions.

The area, considered one of the most famous "power spots" in Japan, is home to three holy mountains, the "Dewa Sanzan" (Three Mountains of Dewa). Mount Haguro is one of these three. The peaks serve as the grand center of the spiritual discipline known as "Shugendo," which has been practiced for nearly a thousand years, with roots much older.

Because of these attractions, Aoki Sensei recommended the area as site for the international gasshuku. Accordingly, the gasshuku committee is planning an event that will offer a full experience of Haguro's special culture and natural surroundings.

To this end, gasshuku accommodation will be provided at Miyatabo, a traditional "shukubo" inn that normally serves Shugendo trainees. Here you can get a feel for their communal lifestyle by sleeping together in big tatami rooms separated by "shoji" paper doors, and bathing in the big "ofuro." You will even

have a chance to observe and take part in real Shugendo ceremonies.

Regarding food at Miyatabo:

Traditional Japanese food will be served, including local delicacies. Dishes will feature a variety of meats and vegetables and include some vegetable protein-rich food such as tofu. Rice will be served with all meals. Vegetarianism is not common in Japan, and consequently, the inn does not offer strictly vegetarian dishes. Some dishes, including such foods as vegetables and soy-based foods, may use fish or chicken in sauce stock, etc. Alternative eating arrangements, including self-preparation, are not possible. However, you are welcome to bring supplements for your diet. (If you feel it would be difficult for you to get used to this style of living, accommodation that is more Western in style will be available to those who request it in advance.)

EXAMINATIONS

Examinations in Shintaido "honka" (regular Shintaido), karate and bojutsu

Eligibility

Only those who are currently Seishidouin (Instructor -- formerly Junior Instructor) and above or Karate/Bojutsu Nidan and above are eligible to take exams.

(Exceptions)

Exams also will be available to:

1. those who cannot take exams in their own country for lack of advanced instructors to act as examiners,
2. those who cannot take exams in their own country for lack of a National Group authorized to conduct ISF-sanctioned exams,
(Note: to be eligible to take an exam at the gasshuku, examinees must not have taken an exam in the particular area of Shintaido within six months of the date of examination at HAGURO 2000.)

FEES

1.GASSHUKU FEES

Adult rates

- (M) Member: 60,000yen
- (S) Student: 55,000yen
- (N) Non-member: 65,000yen
- (F) Family: 55,000yen
- (O) Observer: 50,000yen

Child rates

(C) Child : 24,000yen

(B) Baby: 12,000yen

(Explanation)

Member: A member of the International Shintaido Federation or of a National Group

Student: A member of Shintaido, as in iM j, who is also a student

Family: Family members of (M)or i r j

Observer: A participant not doing Keiko

Non-Member: A participant who is not one of the above

Child c12 years old or younger (Meals will be provided by the inn.)

Baby c3 years old or younger (Meals will be shared with parents and not provided by the inn.)

2.EXAMINATION FEE

Fee for an examination: 5,000yenv(to be paid in advance with gasshuku registration fee)

ISF registration fee: 10,000yen

Successful examinees will be required to pay to register their newly rank with the ISF at the Gasshuku j

3.Fee to cancel:15,000yen

4. Method of Payment

Please contact BOD or The Technical panel for advice

Getting to Haguro, Yamagata Prefecture

The gasshuku site is distant from Tokyo, and there are a variety of ways to make the trip. Depending on one's choice of transportation, travel there from major urban areas such as Tokyo-Kawasaki-Yokohama or Osaka-Kobe-Kyoto can take a day. Public transportation is available, though relatively expensive by international standards. Train connections and their timing to Haguro can be complicated even for those familiar with Japan. Complicating matters further, the gasshuku will be held during the "Golden Week" holidays, one of the busiest holiday weeks of the year, and as a result, public transportation (bus, train and plane) and points of connection will be extremely congested.

Reservations are a must except for the hardiest of travelers. To simplify transportation, the gasshuku committee has arranged for a one-time overnight chartered bus that will pick people up at Tokyo's main international airport and Shintaido's office in downtown Tokyo and proceed directly to the gasshuku site. Many

Japanese participants plan to ride this bus and we recommend that you also choose this way unless you are sure of another way. If you choose this way, you may want to leave a day of rest between arriving at Narita Airport and boarding the bus for Haguro. In such a case, we recommend you stay the night at an airport hotel. Your travel agent should be able to advise you in this regard.

Narita City, near Narita Airport, is famous for its large old Buddhist temple and also would offer the first-time visitor a glimpse of a typical Japanese town. Chartered bus between Narita Airport (New Tokyo International Airport),

Tokyo and Haguro:

The bus will depart in the evening of May 2 from Narita Airport at about 8 p.m. and travel via Tokyo to Miyatabo in Haguro, arriving in the morning of the May 3. The gasshuku will begin after five hours of nap time at Miyatabo.

Returning from Haguro:

The bus will depart from Haguro in the evening of May 6 from Miyatabo to Tokyo via Narita airport, arriving May 7 at Narita at about 8 a.m. and a couple of hours later in Tokyo.

Bus fee:

1 0,000 yen one way. 16,000 yen round trip, regardless of whether you travel to/from Narita or Tokyo. Detailed information regarding travel by the chartered bus will be provided to applicants after January 1. There are a variety of other ways to travel to Haguro, and it is not possible to explain all of them here. They include various combinations of train, bus, taxi and plane. (Car rental is not recommended during the holiday week.) You will want to choose a way that suits your travel interests and time constraints. We suggest you first do some research in this regard and then ask us for advice when you know your basic travel plan.

Basic travel information:

The nearest train station to Haguro-machi (Haguro Town) is Tsuru-oka Station. Miyatabo, the inn where we will stay in Haguro-machi, is about 30 minutes from the station by public bus. Tsuru-oka Station is about five hours from Tokyo, including connections. The nearest airport to Haguro-machi is Yamagata-Shonai Airport (domestic flights only). It is a short flight to there from Tokyo and some other local airports in Japan. Unfortunately there are no direct flights to Yamagata-Shonai from Narita Airport. Transferring from Narita Airport to Tokyo's domestic airport (Haneda Airport) takes half a day and is not

recommended (probably impossible) on the day of arrival at Narita.

Homestays

Homestay with Shintaido members will be available before and after the gasshuku. If you would like homestay accommodation, fill in the given registration form. The gasshuku committee will send you a fax number or e-mail address of a host family. Otherwise a committee representative will contact you. Homestay hosts are limited in number and will be available on a first-come basis.

Scholarships !

SF is offering 3 scholarships for SF supporters who would like to attend Haguro2000, but are unable to meet the cost. These scholarships are for £500 each towards the cost of the air-fare only. Apply to BOD please!

www.shintaido.co.uk

The New SF official web-site, and other stuff!

In the age of the "dot.com" success story, Daniel des Baux has taken on the task of SF "internet bod". Good luck to him in this exciting role! The new "official" SF web site can be viewed at the above address, and Daniel would welcome any ideas for content and interactivity. Daniel will also be taking over from myself the running of the SF e-mail discussion forum. I have allowed this forum to fall into dis-use recently, because running both the Newsletter and Supportership is enough virtual Shintaido for anybody!

Charles Burns

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