

The
Shintaido
Foundation



Newsletter

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Shoko practice on the South Downs
at the *kangeiko* last February

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EDITORIAL

An apology is due to all for the lateness of this Newsletter. This largely due to turmoil in my own life, which has made it hard to keep to the rythm of things! Going out with this Newsletter are reminders to renew your Supportership. These should have gone out in the Spring, so it goes without saying that they should be filled in and returned as soon as possible. Some of you do this every year by return of post (God bless you, keep it up!), but others traditionally wait a couple of months. Please don't, it adds hassle and stress to a job I don't really have time for anyway! But then I can't really talk can I!!

Plans are well under way for the 30th Anniversary *keiko* this autumn, which has now moved to Stroud because of problems finding a suitable site in Oxford. Please try and make it, even if you don't practice much any more. There will be provision for "non-practitoners", as the occassion is more an attempt to get everybody together who has been invloved in Shintaido over the last 30 years. I think any *keiko* will be a kind of extra! You are welcome simply to watch and meet old friends, as to take part.

Charles Burns

DIARY DATES:

Sat 16th & Sun 17th November 2002

The Shintaido Foundation's 30th Anniversary Gasshuku, in Nailsworth

Two days of re-unions and keiko's for all present & past practitioners!

Keiko1, Saturday morning, keiko 2, Saturday afternoon
Celebration meal at Nailsworth Village Hall on Saturday evening!

Sunday morning will be a demonstration of Shintaido through the ages.

Fees: £65 per person (£55 concs), or £45 Saturday only.

Visitors: Celebration meal only, £10; Meal + Sunday demonstration, £15

*Fees include keikos, Saturday lunch & celebration meal,
but not accomodation or Sunday lunch, which will be on a "bring & share" basis.*

To register contact: Peter Furtado, 01865 247997, p.furtado@historytoday.com

To enquire about local accomodation contact the Nailsworth Group

RECOLLECTIONS OF TAIMYO

A reminiscence of the Stroud workshop from the fields of Africa

It was the first time that I had joined a Shintaido weekend workshop and I was intrigued as to how it would be.

Everybody seemed very focused and dedicated to the true purpose of Shintaido and this brought a united and harmonious energy throughout the group. I discovered that the weekend was quite different in style to previous workshops as we focused mainly on the *taimyo* movements, which are very slow and meditative in character and purpose. This was held in contrast to the fast and determined speed of many other shintaido movements that have an almost explosive energy.

To experience and learn something different was refreshing and exhilarating. For me personally this brought me a treasured space to enjoy a glimpse of how slower concentrated movement could also bring peace to my cluttered mind of worries and concerns. It made me realise that I have an instinctive need to focus my mind in such a way to relieve me of unnecessary confusion and instead provide an

opportunity to bring clarity and focus.

It was in such a way that *taimyo* gave me some new energy to replenish the old. Going back to the simplicity of inhaling air and watching the breath move was equally calming and exhilarating as the more energetic fast movements in shintaido.

While I sit and write this in Africa I realise even more profoundly how important it is to nurture expression in life, which somehow seems to occur with much more ease here than at home in England. It is also here in Africa and also during the weekend workshop that I am learning more about moving through life with ease and serenity rather than with stagnation and restriction, this is how I see Shintaido helping all of us.

Sheena Carlisle

“Cutting the Grey Sky”

Kenko taiso at the kangeiko last February (see overleaf)



THE S.F. KANGEIKO

A February morning on The South Downs



Bad Boy!

The *kangeiko* took place this year on a suitably cold and blustery day, Sunday 10th February. It was a mixed gathering, with the new generation well represented! The thing I remember most about it was the glorious weather. The heavy grey clouds and a wind which blew right through you! It felt more like we were practising on the Scottish Highlands than the South Downs.

We practised a mixture of *karate*, *taijmyo* and *ken-jutsu*. The traditional *bokuto* practice of the new year took place with a long *shoko*, and it was during this practice that I most blessed the wonderful weather.

We are lucky to have a wonderful photographic record of the event, and in some ways the pictures tell the story better than I ever could, so I'm tempted to leave it at that!



After the practice we all gathered at Ula's house, and saw some videos which Masashi has been involved in making, and also began to discuss ideas for a 30th Anniversary celebration. The idea was mooted to produce a Shintaido Foundation book "Cutting the Grey Sky" in answer to Shintaido of America's production "Cutting the Blue Sky", which was produced by them for their 25th Anniversary. This idea has since been revised down to a bumper anniversary edition of the Newsletter, probably a kind of "Anniversary Hikari" (for those who remember Hikari!)

Charles Burns

*Top-left:
The New Year's "shoko" with wooden sword.*

*Bottom-left:
A less escoteric use for a wooden sword!*

*Top-right:
Ula leading the young generation in eiko sei.*

*Bottom-right:
Tasha & Masashi in bo kumite.*

All photo's courtesy of Charles Burns

“CUTTING THE GREY SKY”

A Shintaido Foundation Retrospective

*The 30th Anniversary edition of the Newsletter is to be produced this autumn.
I do need a response to this! From all of you really!*

Please, anything from the last 30 years or so.

- Memories of your first *keiko* &/or *gasshuku*
- Old favourite photographs

(best to scan & e-mail them to me: .TIF files at 300dpi are ideal. If not send with s.a.e. & I will return them)

- Who introduced you to Shintaido? (And what are they doing now?)
- What is the most significant thing you found in *keiko*?
- How do you see the next 30 years?

If you are in touch with any “old friends” of the the Shintaido movement, please pass this to them and ask them to contribute as well. The story of Shintaido includes many who have come, then gone again. We need their input as well!

Please e-mail all input to me at:

charles@edobarn.demon.co.uk

(don't worry about file size, I have a cable connection!)

Or post it to:

SF Retrospective, 234 Peppard Rd, Emmer Green, Reading RG4 8UA

This need to go to the printers on 1st Novemeber, so the absolute deadline for all submissions is:

Monday 14th October 2002.

Please put the date in your diary now.

This will be something spectacular, it would be a shame not to be included.

*A rather scattered tenshingoso dai at
The Old Deer Park Photo by Charles Burns*



RETURNING TO OLD DEER PARK

An “old lag’s” feelings following keiko after a long absence

After a strong involvement with Shintaido in the 80's early 90's, I dropped out of the circle and lost touch around 1993, largely from the aftermath of a prolapsed disc (which wasn't the result of Shintaido practice!). Last year, I had very bad pneumonia and got a clear chest X-ray result only a few weeks ago. Having had recent non-Shintaido contact with Geoffrey Fitch (pasting board) and Dan Des Baux (clay pigeon shoot), I decided that, once again, I needed Shintaido to sort myself out. And so I committed myself to attending *keiko* on Saturday, 13th April.

I must confess that, as I ironed my *keiko gi* (which still fits, although the belt appears to have shortened) on Friday evening, I felt really nervous. Was this really a sane thing for an unfit 57 year old with thinning hair and dodgy lungs to be doing? And the answer turned out to be a big “YES”.

The combination of factors for my return to Shintaido *keiko* could hardly have been better: the Old Deer Park location; old friends in Geoffrey Fitch, Peter Furtado, Dan Des Baux, Carol Light, Geoff Warr and Charles Burns; Minagawa *sensei's gorei*. I think Minagawa *sensei* had been expecting to find some “young bloods” and, instead found himself with, as Geoff Warr so nicely put it, the “old farts”.

During the *kenko taiso* warm-up, I realised that my body hadn't suffered a total amnesic response ~ the old rhythms, in creaky fashion, were still there. Peter had requested *eiko dai* which was, for me, extremely challenging and I failed to overpaint the image of

“wounded buffalo” with “fleeting stag” ~ this time.

It was good to discover that the Old Deer Park still held the vibrations of Shintaido *keiko* from the past 20 years or so ~ including a few weak echoes of my own. Contact *kumite* (*fudodachi* showed up a non-supple centre and rebellious leg muscles) and *tenshingoso kumite* were delightfully revealing and I fell down a lot. The, for me, “new” *kata* of *taijmyo* was inspiring and incredibly focussing.

It is now 24 hours since the *keiko*. And I can feel every single muscle in my body, including many I haven't been aware of for many years. And I have no doubt I will be feeling them even more tomorrow. (Investment tip: buy shares in the company that makes Radox as their sales will be increasing over the next few months at least.)

However, I can honestly say that, despite the aches, I feel more alive than I have done for some time. And the therapeutic combination of opening and *eiko* has certainly had a good effect on my lungs. “Open your body” has a more immediate and functional reality when one is no longer in the first flush of middle age.

In the 30th anniversary of Shintaido in the UK and the 20th anniversary of my first finding Shintaido, from a Shintaido “old-comer”, I hope to see you at some event in the near future.

Bill Paul



A collection of old farts at The Old Deer Park last April! Bill Paul is on the left. Photo by Geoff Fitch.

SHINTAIDO & AUTISM

A very personal view by Charles Burns

They say children grow in the image of their parents. In my case this simple observation has led me on a particular journey of self discovery which I could never have expected to make, and which still leaves me staggering under its implications!

Nicholas was born to Kazumi & I in 1991, and right from the start he seemed to be subtly “different” in some indefinable way. He was, in fact, an ideal baby. Quiet and self-contained (except when hungry!), he adapted easily to our routine and then kept us to it. Left alone in a cot he would lie awake and stare for hours, as though mesmerized, by the pattern on the inside of the hood. Always smiling, always happy, and yet curiously quiet, living silently in a world of his own.

He was late doing everything. Walked at 18 months, uttered his first words at 2 1/2, but couldn't really string a sentence together until he was 4. Nicholas is the only child I've ever heard of who quite literally learned to use a computer before he learned to talk! He always preferred to play on his own, and would spend hours repeatedly driving toy cars in straight lines across the floor.

Always happy, and yet curiously quiet, living silently in a world of his own

Kazumi became very concerned, and her concern increased as the years went by. He seemed to grow out of one obscure phase after another, but always into yet a third.

For myself I didn't mind so much. My own parents kept saying:

“Oh don't worry, but he's just like his father at that age, and he grew up OK!”

As grandparents all over the world do, of course!

The Montessori nursery school couldn't teach him, nor could his primary school. In Year 2 Nicholas was placed on the special needs register (although his school neglected to tell us about that!) as he couldn't (seemed to them like wouldn't) concentrate on anything, or finish any of his work. He was often left on his own in the reading corner, reading and re-reading books until he exhausted all their library. To me it seemed as though he was teaching himself to speak by reading!

It was about this time that Kazumi began to read about Asperger Syndrome.

Often described as “able autism”, Asperger Syndrome describes fundamentally autistic people who somehow seem to have the ability to cope with their difficulties, and thus contribute to the real world. It's a difficult thing to sum up, but it seems to be far more common than the more extreme “classic autism” which is very obvious to spot in young children.

Asperger's children are typically quiet, aloof, individuals, often very talented in certain obscure ways, but seeming oddly handicapped in the matter of social interaction. Apparently unable to give or receive visual, non-verbal clues as to how they are feeling, they are prone to a very literal interpretation of language, and are often quite unable to see the effect they have on other people. Asperger's children often become overly attached to routine, and obsessed with apparently meaningless repetitive tasks.

The main difference between autistic and Asperger's children seems to be a matter of IQ. Although both children lack empathy for others, and are cut off from the world of intuitive communication, the Asperger's child uses his higher IQ to compensate for this lack (in much the same way that a blind man may use his hearing to compensate for his lack of sight). In this way he is able to make sense of the social world around him, albeit more slowly and deliberately than the other children around him. Whereas autistic children tend to withdraw from this world altogether (without a lot of patient work from those who care for them), the Asperger's child is often outgoing and sociable by nature, but lacks completely the social skill and imagination necessary to interact successfully with others.

The causes of Asperger Syndrome, like autism, are obscure, but it does seem linked to a strong genetic pre-disposition in some families.

Kazumi found a lot of information about Asperger Syndrome, and presented it to me one evening, saying the description seemed to fit Nicholas like a glove, and perhaps we should seek a diagnosis for him. As I read it I experienced a shock of recognition which I'll never forget, and then the doors seemed to close in my mind, and I rejected it utterly.

“This isn't Nicholas” I said,

“Our son doesn't have this kind of problem at all!”

The awful truth was that it wasn't my son I seemed to be reading about, but me!

What followed were some of the worst years of our lives for Kazumi and myself. That our marriage survived at all is a miracle, and testimony to Kazumi's tolerance and stamina. Kazumi went ahead and sought a diagnosis anyway, and the process turned out to be a long and painful one. She did this with no support



Charles, Kazumi & Nicholas outside their family home in Emmer Green

from me, and in the teeth of opposition from Nicholas's school, who insisted that such things should best be left to professionals.

It wasn't my son I was reading about, but me!

In the course of the battles which followed it became clear that Nicholas' school was letting him down completely. Nicholas became increasingly unhappy, and his sister (not Nicholas) told us about the bullying he was being subjected to on a daily basis. Asperger's children are quite clearly "different" to other children, and so become a magnet for the worst kind of teasing that can happen in any school.

Even I (in denial as I was) could see the necessity of moving Nicholas, and so at the end of Year 3 we transferred him to a private Steiner school, which was like a breath of fresh air!

This was soon followed in Year 4 by the medical diagnosis that Nicholas did indeed have Asperger

Syndrome.

For Kazumi and I the whole subject of autism became like a minefield, something we just couldn't speak about without all kinds of horrible arguments. And gradually it seemed like those arguments were all that was left of our relationship. I was caught in turmoil, recognising more and more the parallels between Nicholas' problems and my own childhood, and yet unable to talk about this to anybody, let alone Kazumi. My behaviour became worse and worse, and there followed a series of incidents (which I won't include here out of sheer embarrassment!) which eventually led us to seek help from Relate in an effort to keep the family together.

Relate didn't help much. Our counsellor was of the opinion that the only way she could really help was to help us separate! I refused to even contemplate this. I couldn't imagine life without Kazumi and the children. She also expressed the view that I should seek psychiatric help, as I seemed quite unable to appreciate the effect of my actions on Kazumi (shades of autism there too).

Spurred on by our imminent separation I did in fact seek such help. There at last I was able to talk about my own fears of Asperger Syndrome, and from that came my own referral to a specialist in autism. My own diagnosis, being carried out privately, was swift and

sure. According to Mary (the specialist I met) I presented as a classic case of undiagnosed Asperger Syndrome.

Now, how is such a thing possible? I can't answer that. How can one live all one's life with such a thing and not know it? I can't answer that either, except, of course, that I always did know. As soon as I heard of it I recognised it, and all my life I have regarded myself as being oddly different, somehow an island, apart from other people.

I remember the meeting with Mary very clearly. It took the form of a long, unhurried conversation, which covered pretty much everything. Mary was very interested in my past, and we talked about my whole childhood from my nursery school (I was the only child I've ever known to be expelled from nursery school! Not really for being naughty, but simply for sitting on my own and refusing to take part in anything at all) to my primary school, and in particular about my adolescent years at boarding school. I won't bore you with all the details of those years! Suffice to say that Mary brought out many further parallels between Nicholas and myself that hadn't occurred even to me.

Of course, it was during those school years that my interest in art began, and art is still the guiding light of my life today! At boarding school art was a kind of defence mechanism. Both a way of expressing my feelings, and physically a way of hiding from the school (the art room was a kind of backwater, not highly regarded by the predominantly sporty types who were my school mates.) Mary was interested in my obsession with art, and explained to me that many people with Asperger Syndrome do in fact excel in such fields, precisely because of their ability (or need?) to shut themselves off from the world, and concentrate entirely on their chosen subject.

We also talked about my time in art college, which was when I discovered Shintaido. Kazumi and I were at art college together. Although she doesn't practice any more, Kazumi was in fact my first Shintaido *sensei!* I remember my art student days as a wonderful time, when I finally seemed to "come out of my shell" and start to make friends with those around me. I lost much of the clumsiness and awkwardness which had so dogged my childhood, and began to enjoy myself, both my art and the feeling of "being me".

Again Mary found this very significant. She explained to me that young people with Asperger Syndrome benefit from an intensive combination of artistic and physical "movement based" therapies. She couldn't really imagine a more appropriate life for me than a Fine Art education combined with the Shintaido I was practising at college! She felt that I had done very well in somehow finding my own way to cope with my autistic problems.

We talked a lot about Shintaido. Perhaps unsurprisingly, Mary had never heard of it. I described to her the combination of soft, meditative movement; and open, expressive forms that we practice. Also a little of the history and origins of Shintaido. Mary felt it sounded like an ideal therapy for autism in general, and I began to wonder if this was a direction SF should consider in the future? It seems that my discovery of Shintaido was in every sense a "happy accident"!

Looking back at my early days in Shintaido, it does now make sense. My big problem has always been communication, both with others and with myself (ie: understanding my own feelings). In Shintaido I found *kumite* (which helps me to communicate with others), and meditation (to communicate with myself). I also found *eiko* (which makes me less afraid), and a whole range of movements loosely called "*hikari*", which seem to bring it all together and help my understanding of communication as a concept. Through *tenshingoso* and Shintaido *karate* I have learned to control my body, improve my posture, and loose forever the awkward "way of moving" of my childhood (for which I was mightily teased at school!). Through *bo-justu* and *ken-jutsu* I have begun to find my power.

We talked about my life since art college. Of how I coped with being a father, and of the ten years I spent earning a living as a street portrait artist in Covent Garden. (I was known there as one of the best!) Of how this led to my current occupation as a silhouette artist. Those who know my present work will recognise an uncannily "autistic" element to the many thousands of silhouette portraits I cut each year! Those who see me working often ask me:

"Don't you ever get bored, doing the same thing over and over?"

My answer always comes from the heart:

"No, I never get bored".

You see Asperger Syndrome, like autism, is a life-long condition. One can learn to cope with it, almost to the point of "normality", but not to eradicate it. I think this was the thing which most frightened me, and made it such a hard thing to contemplate, let alone accept. However, it does seem as though I'm in good company. As Mary said, many "autistic type" people seem to excel in all kinds of fields. Famous examples of those suspected of suffering from Asperger Syndrome include Albert Einstein and Bill Gates! For those interested in things artistic Peter Blake, Andy Warhol and Gary Numan are known to have the condition.

Through *tenshingoso* and Shintaido *karate* I have learned to control my body.....

Through *bo-justu* and *ken-jutsu* I have begun to find my power.

It is now nearly a year since this diagnosis. I have been alternating between periods of deep depression (thinking this is something I can never get rid of) and periods when I feel quite empowered (thinking that this has given me the knowledge I need to cope far better than I ever have). In fact, both are true.

In some ways it affected Kazumi more badly than I, as she began to feel that my (many) shortcomings as a husband were here to stay, and there was no hope I'd suddenly become a better person. With time though, we've both begun to understand that this has been at the root of many mis-communications and problems between us over many years, and with understanding has come a little hope. We've been fortunate in finding new marriage guidance from somebody who specializes in Asperger Syndrome marriages (who could believe there even was such a thing!), and we're beginning to pick up the pieces.

Nicholas has been in Steiner education for 3 years now, where he's been getting just the combination of artistic and movement based therapies

that I should have had. He will stay there until he's 14 (year 9), and after that we hope he'll re-join a more "normal" secondary school to take his GCSE's and A levels. By then I think he'll be far better equipped to deal with the social whirl of a large school than I was. Unlike his sister Natasha, Nicholas has shown scant interest in Shintaido, but he's still young, and I hope that may change in the future.

For myself, I know now that Shintaido will

always be a part of my life. I doubt that I will ever "scale the heights" and become a great Shintaido *sensei* of the future, but for me that's not so important. Just to be there and be "doing it" on a daily basis is what's important. The times when I've been practising Shintaido have been times of enormous growth and optimism in all areas of my life, and the times when I haven't..... well, they haven't.

Charles Burns



Charles with his daughter Tasha at the kangeiko last February

EIKO ON WHEELS

The Cycle of Life

It was my 50th birthday in May, and I wanted to do something a bit more memorable than getting drunk, so I planned the longest bike ride I would ever do in my life. Then I asked friends to sponsor me, on behalf of Amnesty International, for every mile I managed over 100.

The day was bright but very windy, and the first 45 miles were straight into the wind, which can quickly sap your strength. After about three hours and 30 miles, I switched on my little radio, and heard a programme for Pentecost (the Christian festival in which the Holy Spirit first comes over the disciples). The poems and music told a majestic story of God collecting up all the winds of the world into a tornado and sending it to Jerusalem, then into the room where the disciples were gathered, suffusing their beings, covering them in flames and causing them to speak in tongues.

I listened to this, battling with a gale in my face, then realised that this too was a divine wind, and that I couldn't, and shouldn't, fight it but accept it into my body. And my cycle ride turned into a long eiko. I never spoke in tongues, but just for a while, perhaps, I did manage to 'make my life burn', as Aoki Sensei asks. From that point, the rest of the ride was effortless.

Still, for the next six hours or so, I was worried that my last 20 miles was going to be into the wind once more - and that, having already cycled well over 100, I wouldn't be strong enough to manage. In fact, when I got to that point, I found the wind direction had changed and it blew me the rest of the way home.

Aftermath: When I got home I found my birthday present from my family - a tenor sax; and I managed to raise over £1,500 for Amnesty. That makes the three best gifts I've ever had, all in one day.

Peter Furtado

SUPPORTERSHIP

Supportership has not grown appreciably since the last edition. I remain concerned that there may be people out there who have joined SF, but who's details have not been passed to me. Several such instances came to light last year, mostly by complete chance! If anybody is, or thinks they know of, somebody in this situation, please let me know!

Charles Burns

BRANCH NEWS

None submitted for this issue.

MORE DIARY DATES:

Masashi performs at The Royal Opera House

THE "FIERCE WISDOM" CONCERTS

Masashi will be performing taimyo kata during a series of concerts by Chloe Goodchild, of The Naked Voice, to launch her new CD "Fierce Wisdom".

Monday 9th September: The Royal Opera House, Covent Garden, London
Tuesday 10th September: The Royal Opera House, Covent Garden, London
Wednesday 11th September: The Royal Opera House, Covent Garden, London
Saturday 14th September– St Marks, Myddleton Square, London
Friday 20th September– Healing Sounds Festival, Brighton
Saturday 28th September– New York, USA - Venue TBC

Concerts start at 7.30pm

For further details contact the venue, or check The Naked Voice website at:

www.thenakedvoice.com

Newsletter Distribution by internet

This Newsletter is distributed by post free of charge to SF Supporters, but is not normally available to those who have not paid! However, for those who wish to distribute copies of this Newsletter to their local group I suggest the following:

1. Visit my web-site at <http://www.edobarn.demon.co.uk/Shintaido.html>
2. Click on the link "Current SF Newsletter" to download the Newsletter as a .PDF file.
3. Print out and distribute as many as you wish!

This will save your unpaid editor an awful lot of extra work! There is enough here already, believe me! Note that .PDF version does not include the column "SF Organisation" on the last page, since this is really only relevant to SF Supporters.

The .PDF version is also distributed free to all who ask, by e-mail. The current e-mail distribution includes many overseas Shintaido practitioners. Any member of your group can subscribe to this by sending an e-mail to: subscribe@shintaido.co.uk

WEEKLY CLASSES AROUND THE COUNTRY

MON	Stroud	5.45 - 7.00pm (<i>Childrens' class</i>) 7.00 - 8.30pm	The Horsley Village Hall
		<i>Contact Jo & Paul Hofman on 01453 834774</i> <i>Shintaido for all taught by Minagawa sensei, re-starting in Septemeber</i>	
TUES	Thames	7.00 - 9pm	Hounslow Yoga Centre
		<i>Contact Daniel des Baux on 020 8580 5455</i>	
	Brighton	6.00 - 9.00pm	Evolution Arts Centre
		<i>Contact Ula Chambers on 01273 271521</i>	
THURS	Bristol	7.00 - 9.00pm	Malcolm X Centre
		<i>Contact Belinda on 0117 954 1753</i> <i>Womens' class</i>	
		7.00 - 9.00pm	Bishop's Road School
		<i>Contact Marcus on 0117 924 1124</i> <i>Beginners & intermediates</i>	
FRI	Bristol	10.00 - 11.30am	Chandos Mens Recovery Centre
		<i>Contact Marcus on 0117 924 1124</i> <i>Closed group</i>	
	Bath	7.00 - 8.30pm	Walcot Infant School
		<i>Contact Julia Heavens on 01225 481160 (or Masashi)</i> <i>jules@les-iles.demon.co.uk</i>	
SAT or SUN	Bristol	9.30 am - 12.30 pm	Bishop Road School
		Cost £5 - £30 dependant on means and numbers	
		<i>Specialist classes for all who want them.</i> <i>Masashi gives private lessons and takes small groups at these times.</i> <i>Please contact him to discuss your requirements</i> <i><u>Call Masashi Minagawa on 0117 957 0897</u></i>	

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 do 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, location & cost) and all cancellations are reported to the Newsletter as a matter of course when planning your regional keiko programs. Many Thanks.

SF ORGANIZATION

TP (Technical Panel)

Masashi Minagawa 0117 957 0897
mini@gawa.fsnet.co.uk

Ula Chambers 01273 271521
ulachambers@btinternet.com

ABBREVIATIONS

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

NIC Officers

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Newsletter Submissions

Please send all submissions by e-mail to: newsletter@shintaido.co.uk
 Alternatively post them to: *The SF Newsletter, 234 Peppard Rd, Emmer Green, Caversham, Berks. RG4 8UA*
 Or fax them to: **0118 947 6813**

Copy deadline for the next issue is: **Monday 14th October 2002**

But please don't wait until then, write now, while inspired!



SF SUPPORTERS

"We support the Shintaido Foundation"

Individual .. £20.00

Joint £30.00

Name(s):

Address:

..... Postcode:.....

Telephone. Day: Evening:

E-mail:

Current gradings in shintaido: bojutsu: karate:

I would like my Newsletter by post, e-mail, both. *(Please tick one)*

Please send one completed form for each person, together with payment to:

SF Supportership, 234 Peppard Rd, Emmer Green, Caversham, Berks. RG4 8UA