

TAIMYO

THE MAGAZINE FOR BRITISH SHINTAIDO

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Masashi doing his best to imitate the new British Shintaido logo!

Lie down, somewhere warm and quiet. Preferably in the sunshine with the growing grass under your head. Close your eyes and let yourself fill up with the blue of the sky and the white of the passing clouds.

Calm your breathing and sink your feeling down into the grass, into the earth. Connect.

Think back to the very first time you ever did Shintaido. Remember that keiko. Remember your instructor. Remember the people you practised with. Remember the dojo. Remember the things that made you excited, wanting to come back, wanting to know more. Remember, perhaps, the kumite you did that day.

Now, fast-forward through EVERY keiko you have ever done. The dojos - halls, fields, beaches, mountaintops - the instructors (Aoki Sensei, Ito etc, etc, including the keikos you have led yourself, and your hitori keiko) - the thousands of people you have practised with, once or many times - the practices you have done - and particularly the kumite you have done.

(NB All this might take quite a time - if you have practised on average twice a week for 20 years, then you have done at least 2,000 keikos - if you have practised every day for 30 years, then you have done 10,000 keikos!)

Think about the kumites that seem perfect in your imagination, and the ones that seemed hard. Think about the

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partners that seemed perfect, and the ones that seemed hard.

Of all that, choose one keiko, one kumite, that stands out as perfect. Come back to the present moment.

All this represents YOUR Shintaido, something that no-one can ever take away from you - something that you can only ever lose if you ignore it and forget it.

Now, share it with everyone else. Together, our experience represents what we have gained, and what we have to give, in Shintaido.

Finally choose a partner, and choose your favourite kumite, and do it!

The photos on these and subsequent pages were taken at the Sunday AI workshops which have been running in Nailsworth throughout 2003



AGM Report

*At Jamie & Carina's House,
Nailsworth, 28/9/03*

On Sunday 28th September 2003 the organisation held its AGM. This was the last AGM of The Shintaido Foundation, or the first AGM of the new British Shintaido, depending on your point of view! The main business of the AGM was to discuss & vote in the new Articles of Association, and to elect a new management team based on those articles.

Although every effort has been made to keep membership going without any obvious break, there is no hiding the fact that this represents a major change for Shintaido in Britain. The new organisation has come into being after a long period of soul searching and debate amongst the long standing practitioners of Shintaido in this country.

The aim has been to try and find the best organisational vehicle to promote and encourage the development of Shintaido, both at the local and national level. Such an organisation needs to be strong enough to create a firm lead and direction for others to follow on a national level, whilst at the same time relaxed enough to allow a wide variety of initiatives at the local level. It also needs to be straightforward and simple to operate, so that the precious time of those few involved is not wasted on endless organisational matters.

We do believe that we have now found such a vehicle, and hope that all those who love Shintaido will recognise this, and welcome this as a new opportunity to get together and develop a new direction for British Shintaido in the twenty-first century.

The articles of association were accepted with some amendments, and appear in full on the next page. This is the basic outline which tells you what kind of organisation we now are.



BRITISH SHINTAIDO

New Articles of Association

1. British Shintaido (BS) will be the national organisation teaching and promoting Shintaido and its associated disciplines in Britain.
2. An Instructors Council will be set up, consisting of those of Senior Instructor grade and above, and others co-opted by them from time to time.
3. BS will be a member of the International Shintaido Federation (ISF), attend its meetings wherever possible, and follow its decisions on curriculum and organisational matters.
4. Paid-up members of BS will be entitled to vote at the BS annual general meeting. A membership fee of £20 is payable in 2003; this figure may be revised in succeeding years by the officers (see below).
5. BS will be responsible for maintaining a register of those qualified to teach Shintaido in Britain, and to liaise with ISF to ensure that this register is kept up-to-date, and will encourage instructors to join ISF.
6. BS will hold annual examinations in Shintaido, and in bohjustu and karate as required, in accordance with the syllabus laid down by ISF, at which all those who are current members of BS may challenge for assistant or instructor levels, or kyu and dan grades.
7. BS members will elect the following officers, for annual terms (renewable): Hon. Treasurer; Hon. Secretary; Membership Secretary. In the first instance, the members will elect officials at the AGM.
8. BS officers will appoint a Chairman for a period of five years. The role of the Chairman is to steer the development of Shintaido keiko and organisation within Britain, in association with the Instructors Panel.
9. The permanent officers may appoint other officers as appropriate, such as equipment officer, newsletter editor, ISF representative, publicity officer; these appointments are to be made annually, but are renewable.
10. BS will be responsible for organising third party insurance for all qualified instructors who are current members of BS.
11. BS will from time to time organise gasshukus, workshops and other events, nationally and internationally.

UK DIARY DATES:

Saturday 10th January 2004

British Shintaido Kangeiko

in Brighton

For further details contact Ula Chambers



... *The AGM cont.*

The new British Shintaido will take on board the organisation of a kangeiko, spring and autumn workshops (with exams in Shintaido, bojutsu & karate where required) and the series of AI Sunday workshops currently running so successfully in Nailsworth. BS will also support and encourage local groups to organise their own events, will give them as much freedom as possible to run these events in whatever way they see fit, and would encourage them to make these events accessible to UK Shintaido movement by advertising and reporting on them in this magazine. It is hoped, for instance, that the forthcoming Sunday AI events taking place in various locations during 2004 will be accompanied by local Saturday events in the same area.

Your new management team was then voted in as follows:

Chairman: Peter Furtado
 Secretary: Carina Hamilton
 Treasurer: Charles Burns
 Membership: Helen Holt

Peter Furtado will remain as chairman for 5 years, while the other posts are up for re-election at next years AGM. Following this the new management team then appointed other officers as follows:

Assistant Secretary: Jamie Hamilton
 Internet management: Daniel des Beaux
 International liason: Jamie Hamilton

These positions are not elected, and can be changed by the management team at any time.

EQUIPMENT

The job of looking after the buying & selling of equipment has been in disarray for some time. At the AGM it was decided to abolish the post of Equipment Manager, which has not been filled for some time, and devolve this role to the branches. The reason for this is the sheer physical size of the equipment store, and the logistical problems involved for one person to look after it one place and transport it all from place to place.

This decision was felt to be simply a recognition of the status quo, since the present equipment store currently exists in various bags, in various people's houses! Jamie volunteered to

run Stroud equipment, and it was agreed to ask Peter Newland to continue to run Bristol Equipment. Jo Hofman expressed an interest in being a co-ordinator, keeping track of who has what.

However, at the first management team meeting on 26th October, when this idea was discussed in detail, it was felt to be deeply flawed, and could at best only afford a temporary

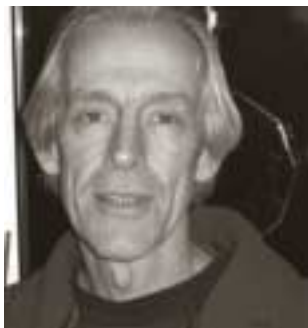


solution. After some discussion another possibility proposed was to offer somebody within the Shintaido movement the opportunity to run the buying and selling of equipment as a going concern. In effect to privatise or out-source it.

Anybody who is interested in developing this idea should contact Peter Furtado. In brief you would be given the freedom to source & buy equipment, and sell them on to Shintaido practitioners at a reasonable profit to yourself, perhaps donating a fair portion of profits to British Shintaido once the business becomes established. Exact details will need to be worked out with the management team, who will be on hand to offer help and advice in the initial stages. The amounts of money will probably not be enormous (although it may grow), but hopefully this will appeal to somebody as a side business. A chance to make a real contribution to the Shintaido movement, and earn some money to pay for your own Shintaido practice at the same time! You will need to be quite resourceful, to have some dry space to store equipment, and to be a regular attendee at gasshukus (which are the main opportunity to sell equipment).

Charles Burns





Some Thoughts from the New Chairman

Our Mission: To develop the practice and teaching of Shintaido as a flourishing, popular and effective activity for the promotion of life expression, health and spiritual renewal within Britain.

While every practitioner knows that Shintaido is a beautiful, rich, wide and deep study that can embrace the whole of our lives, some people may feel that Shintaido in Britain has recently been a little unfocused. It has sometimes seemed like a wonderful leisure-time activity for a group of people who, for all kinds of good reasons, are too busy for it to be much more. But Shintaido can be - must be - more than a nice way of spending an afternoon with old friends. It is my job as Chairman to make sure it is.

As I see it, the greatest asset of British Shintaido is the longstanding and wholehearted

commitment, the knowledge and the experience of keiko, of its practitioners – some of whom have devoted their lives to it for thirty years. Aoki Sensei asked us, many years ago, to make our lives burn, to express ourselves and our vitality to the utmost. If our new organisation is to help our movement flourish, it must liberate the energy of people – old practitioners and new alike – to make their lives burn and, as a consequence, to spread Shintaido in whatever form is best for them.

How do we do this? By celebrating the effort that each and every one of us makes. By encouraging people to teach, and supporting them in their efforts, and learning from one another about the things they have found while teaching. By insisting on clear, direct and honest communication - in keiko itself and in the organisation - so that everything between us (our talents, our visions, our joys and our conflicts) is out in the open.

By recognising that, if we want to build a nationwide movement, then some of us must devote as much time to organisation as to keiko (organisation is itself a form of keiko as important, and as challenging, as any other). By relying on ourselves and not waiting for inspiration and advice from outside.

When I first began to practise Shintaido, I loved it for its simplicity, for the fact that it dealt only in the preliminaries, the foundation steps that make the martial arts possible. Shintaido showed me that, if you study those foundations honestly and if you let them into the heart of your being, they could become the foundation of your entire life. I learned Eiko, Tenshingosō, Toitsukihon, Jumping, in just a few weeks; I didn't understand them at first but was taught to trust their forms to transform my body and my being as I worked at them. And it was true: more than 20 years later I still regularly find new depths and meaning in all of them.

I believe that, for British Shintaido to succeed, we mustn't forget to value the basics. In terms of both organisation and keiko, we must keep it simple, we must look far, we must keep on going, we must be sensitive to our own needs and those of our partners, and we must make it possible for our students to feel their own lives change as they drill down to discover new layers of the bedrock of human existence.

Peter Furtado





Some thoughts from our new Hon. Secretary

Four years ago Jamie enthusiastically taught me Tenshingoso on the heath at Blackheath, London.

Since 2000, when I moved to Nailsworth, I joined the Nailsworth weekly class with Masashi as my teacher. I love the difference that Shintaido continues to make in my life, renewing and refreshing it, helping me move through difficulties and providing inspiration. At my first Gower Gasshuku, just before Jamie and I got married, our wedding was celebrated on Rhossilli beach with a beautiful Shintaido ceremony - 'offering flowers' meditation and Tenshingoso Kumite.

Two other significant times come to mind when Shintaido provided great support - after the Sept 11 event and at Christoph's funeral. I have now helped run the local group for 2 years. During last year's 30th Anniversary event in Nailsworth, Jamie and I discussed with Peter Furtado and Jo Hofman our desire to have a more dedicated Shintaido practice - and the 2003 series of six Advanced Classes grew out of this meeting.

Since last November, we have organised and hosted two Gasshukus, six Advanced Classes and two General classes; all this has provided us with a wonderful learning experience with experienced practitioners right on our back doorstep. As Secretary, I am looking forward to working with the rest of the Management Team to encourage practitioners and develop more Shintaido events.

I understand my role is to be a general co-ordinator, write agendas and minutes of our committee meetings, liaise with instructors and do lots of delegating! Having been initiated into the new world of

Shintaido exams - I am now officially one of three Advanced Students in the UK!

From this my own personal goal is to go back to learning Basic Forms thoroughly. On a personal note, our baby Luke (3 months) is bound to be our teacher for the foreseeable future like other Shintaido practitioner parents have noted before us!

Carina Hamilton





The Treasury

Most of you know me as the editor of The Shintaido Foundation Newsletter, which I have been ever since SF came into being many years ago (can't remember exactly, but a decade at least). I was also for a few years Membership Secretary,

but stood down in this capacity at the AGM. I then stood, and was voted, as Treasurer primarily because I wanted to be a part of the new management team, which I see as an exciting opportunity to help shape the future growth of Shintaido in this country.

As treasurer I intend to make a few basic changes. I'm going to move the account from the present building society to a bank account, with a facility of a Shintaido cheque book! I also (in partnership with Helen Holt, the new

Membership Secretary) intend to set up a system of standing order payments to allow members the option of paying by a monthly or quarterly standing order, thus taking all the hassle out of annual renewals. I feel this is something long overdue, and this measure on it's own will help solve many of the declining membership problems which dogged the old SF throughout its existence. I would urge all of you who are serious about supporting Shintaido to take advantage of the new system when it comes into being.

As a member of the new management team I hope to be able to give something back to Shintaido, which has give me so much. Co-inciding almost exactly with my finally becoming a Shintaido instructor, I feel this new autumn has changed completely my view of Shintaido today, and my relationship to it, all in a very short time. I'm looking forward with optimism to the future and whatever it may bring.

Charles Burns



SHINTAIDO AND ME

Some thoughts from the New Membership Secretary

Hello everyone, I've been asked to write a few words to introduce myself as the new Membership Secretary, taking over from Charles Burns who has done an admirable job over the past few years.

My name is Helen Holt, so from now on it'll be me sending you reminders to renew your membership (hopefully not too many reminders, as I'm hoping you'll all be keen and eager to renew as soon as you get the first reminder!!)

My first task is to update the current membership information, so I'd be grateful if those of you who use emails regularly to let me know your current email address- you can email me at [<holthelen@hotmail.com>](mailto:holthelen@hotmail.com).

I've been practicing Shintaido for about 8 years now- I can still clearly remember sitting in my room, reading through a local 'What's on' and being drawn to an advert for a class doing something I'd never heard of but that sounded intriguing. I picked up the phone immediately and rang the teacher, David Gilbert, and agreed to go along to the next class.

Little did I know that I was about to embark on a practice that was to change my life. I remember struggling somewhat in the first classes, as my level of fitness left a lot to be desired at the time. But I kept going, finding David an inspiring teacher. Never before in my life had I found a space where I was encouraged to express how I was feeling through movement. That freedom was very powerful, and to be able to do it outdoors made it even more powerful. Shintaido, I realised, was something I'd been looking for for years.

And so I've kept practicing, week in, week out over the years, and grew in confidence, practicing on my own if there was no one around to go out with, or if it was too wet for everyone else! I find the freedom I find when I practice both exhilarating and intoxicating. My childhood was a difficult one; I was sexually abused by my very violent father and had a very controlling and fearful mother who was terrified of emotions, so finding a safe space in the practice to acknowledge my own fears and feelings was a godsend.

I've found the practice very challenging- for the first few years I was often out of my body for a lot of the sessions, and found it hard to communicate on any level with anyone. Yet David was always patient, accepting and encouraging as a teacher, which is why I kept going along.

Even now, I still sometimes struggle in practices, especially if I am the only female in the class- I recall an Advanced class in Nailsworth this summer when it was just me and about seven males with bohs. Whilst knowing that 'adult me' was perfectly safe, I allowed the scared 'little me' to be there too.....allowed her to feel scared shitless (Excuse the language, but those words were to be very prophetic....my journey back to Guildford necessitated many stops for me to rush from the car with diarrhoeah...many thanks to Dave Shaw for his help with driving back that time!).

I'm still working on pushing my koshi forwards, it's still a struggle a lot of the time, as for so many years I've moved in such a way as to keep it hidden. Over the years, my practice has helped me to gain in confidence in the outside world, and that has had life changing benefits. So that's why I decided to volunteer to be Membership Secretary, as I'd like to give something back to the practice that has given me so much.

And now a bit about me and my life... I live in with my partner Steve in Guildford, and have two teenage boys who are both a delight and a challenge! I find it hard to explain what I do for a living- often it's easiest to say I'm a therapist. I use a combination of Homoeopathy, Craniosacral therapy and Regression Therapy, treating people of all ages from in utero to 96!

I have found Shintaido invaluable in helping me as a Craniosacral therapist, as opening to a patient's energy during a treatment is exactly the same as opening to another person when doing Kumite. I remember one little girl who I'd been treating using Homoeopathy for her eczema, with limited success. I decided to do some cranial work with her, and could tell from that that the disturbance causing her eczema dated back to her traumatic birth. Somehow we found ourselves with her holding on to my wrists, and embarked on an energetic and noisy Wakame, in which she expressed the anger and fear felt during her birth. She has had no further reoccurrence of her eczema since then!!

My other job is teaching children in their homes who are unable to attend school; currently I'm teaching a 15yr old who has M.E., and am just about to start working with an 11 year old with profound learning difficulties who has been excluded from school.

Helen Holt.

A introduction from Jamie Hamilton International Liaison Officer



My principal interest is to gain an understanding of how, when, where, and with whom Shintaido is being practised in other countries and to report back to the management team and British Shintaido members what I have found.

If any member wants specific information regarding Shintaido, or instructors in other countries I will try and find out for them.

If I find information abroad on topics that may benefit how we run our organisation or how we practice together I will bring it back pronto.

I have had a long interest in body movement. I started off in 1986 with a year of karate practice, then in 1987 went on to study and practice yoga, shiatsu and meditation, and continued on with yoga in the 1990's at the Shivananda centre in South West London, finally taking a yoga teacher training course in Mount Madonna, in California (frequent home to Shintaido of America's Kangeiko) in 1997.

On moving to leafy Nailsworth in 1998 I was delighted to discover a radical and joyful body movement system called Shintaido. The group, led by Minagawa sensei, was welcoming and delightful. Masashi, the group, and our practice together has helped me in many, many ways, both inner and outer.

Carina, Luke and I live together in Nailsworth now, enjoying "Ma exercises" with each other.

Jamie Hamilton

BIRTHS

*Many congratulations to
Jamie & Carina on the birth of
their first child Luke Gabriel
Hamilton, born in Stroud on
Sunday 3rd August 2003.*



THE AUTUMN WORKSHOP

Nailswoth, 1st & 2nd November 2003

As I was only able to attend the second day of this workshop my view is rather limited. When I arrived I was impressed by the friendly and excited atmosphere, and the feeling that much had already taken place.

The main feature for me was that I'd finally decided to take my instructor's exam, despite the fact that a sprained ankle and subsequent slipped disc has kept me out of action for most of the last 5 months, and I felt woefully unprepared! To my complete astonishment I passed, possibly making me only person in Shintaido history to have taken this exam twice and got exactly the result I was hoping for both times! I can't help feeling I've been let off rather lightly.

In all, four people challenged Shintaido exams, and one person Bojutsu. The results in full are as follows:

Shintaido

Charles Burns: Instructor
Carina Hamilton: Advanced Student
Jamie Hamilton: Advanced Student
David Shaw: Advanced Student



Bojutsu

Natasha Burns: 10 kyu

Congratulations to all who took part!

The level of "Advanced Student" was awarded for the first time in the UK at this event, although it has been in use in America for some years. The feedback from these exams has brought about a renewed committent from British Shintaido to make such exams a twice yearly event, thus making them accessible to a wider range of people and in general increasing the level at which Shintaido is practiced.

Charles Burns

THE SUMMER EVENT

Rhossilli Beach, August 2003



Campfire at the summer event at Rhosilli beach last July.



A brief photographic record of the summer event at Rhossilli this year. The event included a ceremony to scatter the ashes of Stuart Blackburn on Rhossilli Beach, who sadly died of cancer on the 2nd of July this year. Stuart was one of the founder members of Shintaido in the UK, and a great personal friend and inspiration to many of us. Rhossilli Beach was his favourite spot, and the scene of many inspirational keikos in those early days.



TAIMYO KATA

Some revision notes to help you in private practice.

These notes are organised around the three parts of the kata. They are intended to help those with a basic knowledge of this important kata, who wish to deepen their practice in their own time.

From Ito:

“We seem independent of the earth but we can’t live separately from it. We depend upon the plants, oxygen, water and other nutrients. Our body is really a hologram of the planet. Our body is itself a universe (as described in Greek philosophy) and this makes it impossible for us to objectify the universe. Through kata we can imagine feeling many galaxies and the great universe in which our planet exists. Taimyo kata is one way of maintaining healthy relationships in “Dai Uchu.”

General Notes

Keep your eyes open most of the time.

Keep toes spread and lifted for most of the kata.

When you widen or narrow your stance, always move your right foot.

Once you know the kata well, you may find yourself adjusting the width of the stances depending on your body-mind condition that day.

Specific breathing is noted for Part I tenshingosō, hoten kokyūho, and hokushin kokyūho. Elsewhere, pay attention to your breath and kokyū and develop your own rhythm in concert with the movement.

A warm-up is not required before taimyo kata when practising on your own or when leading others.

... *Taimyo notes, cont'd*

Notes on koshi positions and corresponding hand positions:

kaihotai (open koshi) — kaishoken (open hands)
jigotai (condensed koshi) — jikyoken (fist)
yokitai (closed koshi)—musoken (soft hands)
seiritsutai (straight koshi)— chuseiken (straight hand—fingers together)

Taimyo Part I Notes

Kanki

Swimming into universal ki energy

“Kan” means observing, getting together with, immersion in

Imagine swimming into a sea of universal ki energy. You break into the waves, cutting and opening the ocean. Bon voyage!

Absorb the ki energy into your body.

The opening is like a smaller version of the Part III closing (Odachi zanshin).

At the top of Kanki “pop” open into kaishoken.

Reppaku

Strong, intense layers of energy.

“Rep (retsu)” means strong, intense. “Paku” (haku) means approaching.

The feeling of the hangetsu (half moon) step is like ice skating with your toes facing forward (not outward). Note: if you’re not confident with the stepping, practice without it until you are.

When you open into kidadachi and draw hands back into jikyoken, make sure your wrists point forward and are at each side of your hips (not in front).

Keep your elbows back and forearms parallel to the ground.

Stretch your chest and belly open.

Keep your body upright with back straight.

When reaching out your centre of gravity should be slightly forward.

Each time your reach out, draw the natural energy into your body .

The O position is lower than it would be for tenshingoso.

As you draw up both hands, back to back, in front of your face, try interlocking your fingers slightly. Imagine the little fingers on the inner side cutting up the front of your body — through your chest, chin, & face.

The energy you have drawn in begins to rise up the length of your spine, up the back of your head to the top, then forward over the middle of

your head and down over your face.

When reaching up above your head (and before cutting down in E) be careful not to put your arms back over your head. Keep your hands and arms directly above your head.

Saizan

Breaking through mountains

“Sai” means breaking through. “Zan” means mountains.

Make sure you use kaihokei koshi. Avoid shrinking into yokikei koshi.

Keep your fudodachi stance with weight distributed 50/50 to front and back legs. Avoid using a kokutsu stance.

When reaching out in oizuki seiken (fists out with knuckles forward), gently squeeze your forearms against the sides of your belly, like squeezing out toothpaste.

In oizuki seiken, your index fingers should be stretched forward. Twist them out slightly and gently squeeze your fists together to get the right orientation.

Avoid stretching out the little finger side of your hand.

Make sure to send energy out strongly through your arms and hands (Ito tests this by hitting one’s outstretched fists with the flat part of his hand several times).

The feeling when stretching out in the last oizuki seiken is tenshingoso I (Ito makes this point by asking everyone to do tenshingoso I at chest level and to continue imagining it while drawing fists back to the chest).

Imagine the energy sparking between your fists as they point toward one another.

Once you have drawn the ki energy into your body, you can begin to embody that energy in reaching out to the world.

Yoshin

Nurturing the divine within.

“Yo” means nurturing. “Shin” means god or spirit (as in Emerson’s transcendentalism).

Make sure you fully open and take in Ten before overlapping your hands.

You are being showered in universal energy. You could imagine it over the outside of your body, or the inside of your body from head to foot. Try imagining both.

After the “heavenly shower,” make sure you nurture all of your chakras as you draw your hands/arms down around you.

Remember that when your hands are crossed in front of your chest you are using a mudra: there is power and meaning in each mudra.

Align your spirit.

(See notes for Yoshin Part II which also apply here)

Tenshingoso – Yokitai

Use yokitai koshi, not extremely open or closed.

In UM, imagine your hands are like two flowers made of cotton. Hold them gently — you don't need to squeeze them or apply pressure.

No need to worry about raising your toes during this tenshingoso.

Pay attention to the flow of energy.



Taimyo Part II Notes

Taikimai

When doing taikimai, think of yourself as cornstalks waving in a cornfield.

Option: if you are on flat ground, taikimai can be done on tiptoes with some natural movement back and forth.

Always do taikimai with kaishoken.

Shoulder Rotation/Arm Swings

Use knees as shock absorbers when swinging arms.

Hand and Foot Circles

Option: rest toes on the ground for ankle circles if your balance is not good.

Focus on the movement of wrists and ankles.

Musoken Arm Toss

The focus of the musoken arm toss is on the cutting edge (outside) of your arm. The purpose is to release unnecessary energy. (You can move your eye focus from side to side, or not).

This movement is good for removing tension or “sick” ki energy.

Lead with your elbow.

Wind up the musoken by swinging forward to start, then snap your forearm and wrist vigorously.

Aim jodan level at 45 degrees above horizontal. Make sure you distinguish it from chudan musoken.

Gedan can be aimed slightly behind you or down and slightly out to your side.

Note: musoken is 100 times stronger than tsuki. Aoki sensei calls it a form of “relaxation and self-defence” !

Yoshin Part II/ Hachiji dachi zanshin

Zanshin means "maintaining concentration".

At the top, hands rest over one another like cotton balls. Avoid squeezing hands together.

Your hands represent ten (heaven) and universal energy. It's as if you are standing under a shower of heavenly energy that goes through us into the earth.

As you draw your hands down, pause and stay in the positions as long as you like.

At the end, hands are out to the side, not in front of you.

Your hand chakra should face down. Arms should be at an angle lower than 45 degrees.

Make sure there isn't any tension in your hands and avoid letting them droop down.

Hands should be at the angle of a Chinese temple roof.

Lift and open your toes.

Keep your weight slightly forward.

Taimyo Part III Notes

Wakame

As you move, release tension from all parts of your body, starting at the top and moving down (head, neck, shoulders, chest, abdomen ... knees, calves, ankles, feet, toes).

Imagine ki energy entering and filling up every corner of your body

Feel and respond to the movement of air, temperature, sounds and the light around you.

Finish wakame in seiritsu-tai position (standing upright, hands relaxed at sides)

10 Position Meditation

(The end of wakame is position #1).

You can both send and receive energy in the meditation positions:

1. Ki-ichi-i "*returning to oneness*"
(formerly position #10)

2. Hoko-i "*spreading light*"

Imagine a glowing light or candle in your abdomen

3. Shosei-i "*bright world*"

Imagine the light rising to your heart chakra level, getting even brighter and spreading out

around you, as if you are a lighthouse.

The level of your hands should be a few inches above your shoulder

Pay attention to your fingertips and extend them outward (don't let hands droop).

4. Tencho-i "*top of heaven*"

The light is in a vertical orientation.

Palms of hands are together overhead.

You may want to narrow your stance slightly.

If you choose to look up, avoid tightening the back of your neck.

If you are looking up, the energy should rise from your heart chakra.

5. Kongo-i "*diamond*"

The bright light is shooting out of your body at every angle, just as light reflects through the facets of a diamond.

Note: from #2- #5 each level of brightness is "upgraded" as Ito says.

Palms of hands can be slightly touching or slightly apart (Ask your instructor. This depends upon your nature/character).

Stance can be wider than shoulders.

Do not point the tips of your fingers toward yourself (and always avoid pointing your fingers directly at others — it is too intense).

6. Kenka-i "*offering flowers*"

Hands at shoulder level, open softly (not flat), hands naturally curling up a bit.

You can narrow your stance as needed.

7. Kenshin-i "*offering the body (devotion)*"

Hands farther apart and just about eye level

8. Bokyo-i "*looking homeward*"

Align the tips of the middle fingers.

Hands should be 1/2 overlapping, just above eye level.

Arms should be extended out fully, reaching into the distance as in shoko.

9. Joshin-i "*clearing/purifying the mind*"

At your solar plexus or comfortable spot close to it, right hand every so gently overlapping the left (not resting), thumbs meeting in mid air and barely touching (not pressing together) "as if two large cotton balls are meeting" says Ito.

10. Muso-i "*nothingness*"
(formerly position #1)

Same as tenshingosou um.

Hands should rest gently, not squeezing. Feet together.

Important notes on moving between #4 tencho-i and #5 kongo-i:

1) If looking up toward the sky/ceiling — draw hands straight down toward your face/nose. Then draw them down, close to, and past your mouth and chin (like tracing the outline of your face). Then push out your hands out slightly to the final position. As you do this you will naturally develop a kaihokei koshi.

2) If looking straight ahead — draw hands straight down toward the top of your head, then close to and past your face (fingers still pointing upward), as if tracing the outline of your face. Then push out your hands out slightly to the final position. As you do this you will naturally develop a kaihokei koshi.

Hugging Heaven

“hoten kokyuho”

The small circle we draw is like the small universe (our earth) and the big circle we make as we rise up is like the big universe. Our earth is a hologram or representation of the whole (“As above, so below.”) “Dai uchu no kokyu” is the kokyu or breath of the universe to which we are trying to return.

Or imagine working with an energy ball that grows and expands. The ball is huge when you are facing front, but as you bend over you squeeze it down to basketball size. When you open, the ball again expands

The feeling should be round, soft and cloud-like.

Mind, body and spirit merge into the rhythm of the universe

Great Dipper

“hokushin kokyu ho”

This movement is sharper and more triangular than Hugging Heaven.

Remember that you are connecting heaven and earth (ten and chi) with your body.

When you turn and stretch, do not just relax, keep a creative tension (and attention) in your body and arms.

Option: complete 2, 4 or 8 openings.

When looking back toward your heel, make sure you open the shoulder over which you are looking and look beyond (avoid tucking your head in and looking under your arm).

Stretch out and squeeze/twist your body as if wringing out a rag or pulling taffy.

Even though you are reaching diagonally for your heel, the energy in your body should connect Ten and Chi in a clear, vertical relationship.

Close in position #9 of the 10 Position Meditation form (joshin-i).

Odachi Zanshin

You are completely filled with universal ki energy, standing between heaven and earth, holding the space. There is a feeling of being united with Brahman, Atman and this sacred space.

Stand like a great mountain.

Gichin Funakoshi (the founder of modern day karate and the teacher of Master Egami who was the teacher of Hiroyuki Aoki) changed the character for Karate from “kara,” meaning Chinese to “kara” meaning emptiness (or sky). The empty “kara” has its roots in Taoism and spiritual philosophy and represented a deep aspiration for the martial arts — much different from their roots in the Chinese fighting arts. Odachi zanshin, in one sense, is the culmination of Aoki-sensei’s dream for Shintaido — in it, we reach up to heaven and bring some of it back in a form made tangible in our bodies.

EUROPEAN SHINTAIDO FACULTY MEETING

July 2003, in Coye La Foret, France

The European Shintaido Faculty Meeting (ESFM) took place at Coye le Foret, just North East of Paris. Instructors and those teaching regular classes were eligible to attend, and in fact 25 people subscribed from both Europe and the US.

There were representatives as follows:

France: Pierre Quettier, Mieko Hirano, Nicole Beauvois, Alain Chevet, Raphael Weill, Valerie Sarfati, Caroline Rayevski, Christine Piegay, Nishida Akihiro, Olivier Meyer, Serge Magne, Gilles Eskenazi, Clelie Dudon, Nathalie Bohin, Evelyne Pezous, Jean-Marie Duprat.

Belgium: Frederique Dolphijn

Italy: Gianni Rossi

England: Masashi Minagawa, Ula Chambers

United States: Ito Haruyoshi, David

Franklin, Lee Ordeman, Dierdre Crowley, Michael Thompson.

The event was organised according to a loose structure and on a "pot luck" basis. That is, the purpose of the event was to share knowledge rather than to be taught. Instructors could propose "themes" of interest that they wished to explore and anyone who was interested could join in.

The keiko was "facilitated" by the proposing instructor, and, as well as the keiko, demonstrations and discussions took place. For instance Gianni Rossi and David Franklin led warm up sequences introducing new ideas, which were discussed. Pierre facilitated a collegial practice (everyone) of tenshingoso applications - this included receiving jodan uchite and tsuki attacks, as well as more renki style kumite. Some instructors continued to study together the forms of kiri-oroshi kumite which they had studied earlier in the year from Ito sensei, whilst others concentrated on bohjutsu kumite; soei-kumiboh, shinjo sho kata and jo kata.

The next day saw instructors studying renki kumite together under the facilitation of Michael Thompson, and another group working on Bukuto practice together. Ideas were shared, points of technique discussed, observations made and generally instructors supported one another.

It was wonderful to see the different talents that we have among our instructor base in Europe. Everyone had something positive to contribute. It was an atmosphere of true peer practice where it was easy to ask questions and have your friends think them through with you.

Another alternative was to take a private

lesson (for instance with Ito sensei or whoever wanted to offer a private lesson)

This was a wonderful opportunity to study some high level techniques for instructors who are aiming to take exams at the next international event. A memorable lesson was that of san nin ichi retsu - an advanced bukuto practice for General instructor examination, which nine instructors took with Ito sensei whilst others were able to watch.

Nicole Beauvois offered Amma massage during the event for those of us needing a little relaxation and revitalization - an experience I would heartily recommend to anyone who has the opportunity! In the evening we ate under the trees in the cool breeze after the hot summer day. A splendid meal was prepared by a local caterer and we also had some wine and champagne to celebrate Pierre's recent success in gaining a confirmed teaching/research position at his University.

This type of practice between instructors created a tremendous atmosphere of shared responsibility and laid the foundation for the important discussions about future events of this nature in Europe. Now that many groups are growing up in Europe (Belgium, England, France, Germany, Italy, Spain, Switzerland) it makes a lot of sense that European Instructors get together regularly to discuss methods of teaching, points of the curriculum, quality control, and to take higher level examinations together as a group. This will help ensure a common level of Shintaido teaching across Europe with agreement on forms that are being taught.

The next European Shintaido Instructors Forum

A historic decision was taken to run an annual event on a rotating basis in the different countries in Europe where there are Shintaido teachers. In main points are:

1. The inaugural event will take place in France in the Autumn 2004, following the International Gasshuku in Japan. A provisional date has been agreed of October 30, 31st & 1st November.

2. Instructors, assistants and those teaching Shintaido who are aspiring to become AI's (eg: advanced students) will be eligible to attend.

3. Representatives from each country will be responsible for coordinating communications, and payments for the event (which will be in Euros) on behalf of their national groups.

4. The event will be structured on a Forum style - e.g. those wishing to attend can request a particular type of practice to study with peers to they may book private lessons with more senior instructors at a fixed price to be announced in advance.

5. The basic cost of the event will cover accommodation, food and dojo. "Teaching sessions" will be in addition depending on which sessions people choose to attend. Peer practice will be available to any people who wish to get together and practice with instructors of a similar level. There will be free discussions and lectures.

6. The organisers will make a request for offers of teaching sessions and discussion subjects in advance of the first publicity.

7. Examinations will be offered from the first Instructor level, and 1st dan Bohjutsu and Karate. There will be opportunities before and during the event to practice with people taking a similar examination.

More information about location etc will be posted as soon as it becomes available.

Those who attended the ESFM, felt part of a historic moment in Shintaido history in Europe - we got to know each other - previously just names in articles and emails- as only we can in keiko: with a profound respect for each other's ability and commitment to Shinatido, with the thrill of planning for our future and for the future of Shinatido generations yet to come. I am certain that these bonds of friendship and respect will benefit everyone practising in Europe.

INTERNATIONAL DIARY DATES:

MATSURI 2004

The Eighth Shintaido International Event

Sunday 2nd - Wednesday 5th May 2004
Shuzenji, Izu, JAPAN

Open to all!

For information, or to register, contact Japanese Shintaido at:

[<matsuri_2004@shintaido.jp>](mailto:matsuri_2004@shintaido.jp)

THE EUROPEAN SHINTAIDO FORUM

The inaugural European Shinatido Forum will take place in France.

Saturday 30th October - Monday 1st November 2004
(Location to be advised)

*Open to all assistants, instructors and "aspiring AI's"
(eg: advanced students)*

THE EIGHTH SHINTAIDO INTERNATIONAL “MATSURI” (FESTIVAL) 2004

Date: May 2nd - 5th, 2004

Place: Shuzenji, Izu, Japan (2-3 hours by train from Tokyo)

Theme: “Grasp our own Future!”

Matsuri 2004, the eighth Shintaido International event, will be held in Japan next May.

This gasshuku will have two courses of instruction (a general course and a course for Shintaido teachers), and will include practices, lectures, and upper-level examinations.

As a Shintaido practitioner, you are already working to build your keiko, your work, and your family life. Matsuri 2004 aims to help you with that. An international gasshuku like this one gives us all a chance to transcend differences in customs, among countries, and between East and West, and to experience “gasshuku community”.

Shuzenji, our site for Matsuri 2004, is famous for its excellent hot springs. It was here that the Japanese monk Kukai formulated the architecture of Japanese esoteric Buddhism. The famous Minamoto samurai clan has strong historical roots in this region. Mishima Taisha, the large and very old Shinto shrine to which each Japanese shogun made a pilgrimage, is not far

away. It was also here that the famous sword master Ito Ittosai developed his “bottle-cutting blade” technique.

In order to make it easier to visit Japan, the organising committee is working to pair participants from overseas with Japanese host families. So please mark your calendars, and plan on a trip to Japan next May!

Price information will be in the next Newsletter. Aoki-sensei (the founder of Shintaido) and all in the Japan Shintaido Kyokai, are looking forward to doing keiko with you!

The Executive Committee of “Matsuri 2004” is Hideki Oi (Chairman, Japan Shintaido Kyokai Head Instructor), Toshimitu Ishii (Deputy Chairman, Japan Shintaido Kyokai Technical Committee member) and Akira Watari (Deputy Chairman, Japan Shintaido Kyokai Board member)

If you need further information about this event please contact them via their e-mail address: matsuri_2004@shintaido.jp



BS Membership “We support British Shintaido”

- Individual .. £20.00
- Joint £30.00
- Family £35.00

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:

Helen Holt, BS Membership, 4 Winterhill Way, Burpham, GUILDFORD GU4 7JX

DIARY DATES:

British Shintaido Ai Classes

Following on from the "English Eiko" event, the Nailsworth Group hosted a great series of AI workshops throughout 2003, which played a vital role in bringing people together and in re-inventing the Shintaido organisation.

The last of these will take place on Sunday 30th November
Venue Nailsworth Primary School

During 2004 these AI workshops will continue,
but will move around the country every 2 months or so.
Up-coming dates are as follows:

Sun 22nd Feb - Oxford
Sun 4th April - London (provisional)
Sun 16th May - Oxford
Sun 27th June - Guildford
Sun 26th Sept - location TBC, with AGM

For more information on the first event please call Peter Furtado

It is hoped that many of these events will be accompanied by a locally organised event on the preceding Saturday. Please contact the local branch rep if you are

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.

BS WEEKLY DIARY

MON	Stroud	7.30 - 9pm Contact Jo & Paul Hofman on 01453 834774 Cost £7 per session or £36 for a series of 6. <i>Shintaido for all taught by Minagawa sensei (followed by a short bo practice until 9.30pm for those that wish it)</i>	The Horsley Village Hall
TUES	Thames	7.00 - 9pm Contact Daniel des Baux on 020 8580 5455	Hounslow Yoga Centre
	Brighton	6.00 - 9.00pm Contact Ula Chambers on 01273 271521	Evolution Arts Centre
THURS	Bristol	7.00 - 9.00pm Contact Belinda on 0117 954 1753 <i>Womens' class</i>	Malcolm X Centre
		7.00 - 9.00pm Contact Marcus on 0117 924 1124 <i>Beginners & intermediates</i>	Bishop's Road School
FRI	Bristol	10.00 - 11.30am Contact Marcus on 0117 924 1124 <i>Closed group</i>	Chandos Mens Recovery Centre
	Bath	7.00 - 8.30pm Contact Julia Heavens on 01225 481160 (or Masashi) jules@les-iles.demon.co.uk	Walcot Infant School
SAT or SUN	Bristol	9.30 am - 12.30 pm Cost £5 - £30 dependant on means and numbers <i>Specialist classes for all who want them. Masashi gives private lessons and takes small groups at these times. Please contact him to discuss your requirements Call Masashi Minagawa on 0117 957 0897</i>	Bishop Road School

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.

BRITISH SHINTAIDO ORGANIZATION

Instructor's Council

Masashi Minagawa 0117 957 0897
<minagawa@btopenworld.com>

Ula Chambers 01273 390541
<ulachambers@btinternet.com>

It is the role of the Instructor's Council to guide and inform the true expression of Shintaido keiko in this country.

Newsletter Submissions

For preference, please send all submissions by e-mail to:

<newsletter@shintaido.co.uk>

Alternatively post them to:
*Taimyo, 234 Peppard Rd, Emmer Green,
Caversham, Berks. RG4 8UA*

Or fax them to: **0118 947 6813**

Copy deadline for the next issue is:
Monday 2nd February 2004

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

ABBREVIATIONS

SB *British Shintaido*
ISF *International Shintaido Federation*

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The post of chairman is renewable every 5 years. Other members of the management team will stand for re-election at the AGM each autumn. Other officers are appointed by the management team as needed, and can thus change at any time. Current positions appear below.

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