

# TAIMYO 32

THE MAGAZINE FOR BRITISH SHINTAIDO

June 2004

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## MATSURI 2004 (FESTIVAL 2004)

*Matsuri 2004 was a great success at many levels. This edition of Taimyo brings a selection of articles and photos to relate the experience of those who went there from the UK, and to help bring some of the "festival spirit" back to the UK.*



*Tenso at the final keiko of Matsuri 2004, Japan*

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# SPRING WORKSHOP EVENTS.

Guilford, 26th & 27th June 2004

## GUILDFORD SHINTAIDO

presents

### “An afternoon of Shintaido”

in Stoke park, Guildford

1.30 - 7pm

**Saturday 26th June 2004**

Taught by Charles Burns  
& David Gilbert

Cost £20  
All welcome

## BRITISH SHINTAIDO

### AI WORKSHOP

10.15 am

**Sunday 27th June 2004**

in Stoke Park, Guildford.

Taught by Minagawa sensei.

Cost £18

Followed by:

BS Summer 2004 Examinations in  
Shintaido, Bojutsu, & Karate

2.30pm-5.00pm

Fairlands Community Centre  
Guildford

*Those who can are encouraged to attend both events. Information is available from Helen Holt in Guildford (01483 576100). Helen is also offering an evening meal on the Saturday and camping space in her garden for those wishing to make a weekend of it!*

## Shintaido Examinations:

Examinations will be available at all levels up to Graduate Instructor (formerly Provisional Instructor) and 1st kyu levels in bojutsu and karate. Evaluations can be taken by anyone who would like feedback about their practice or who is planning to challenge a more advanced examination in future.

### FEES

Student levels and Kyu levels	£25
Shintaido Assistant	£25
Shintaido Graduate	£30
Evaluations	£25

Examinations are available to current members of British Shintaido (if you are not currently a member please use the enclosed membership form to join either in advance of the workshop or on the day)  
Information packs are available

*To register for an exam please contact Ula Chambers or do so with the exam co-ordinator prior to the start of the Advanced Workshop on the Sunday*

# MATSURI 2004

## *Impressions of a Japanese Gasshuku*

Although I have been to Japan on several occasions, and experienced a little of Japanese Shintaido at the Honbu dojo many years ago, Matsuri 2004 was the first gasshuku I have attended in Japan, so I wasn't quite sure what to expect. In the event I enjoyed the event enormously, and came away feeling like I'd had a much overdue holiday!

The event was held at a Japanese "onsen", or hot spring resort. These are found in many areas of Japan where hot water, heated by volcanic activity, rises to the surface. Very elaborate baths are constructed to control the flow of water, and bathing in an onsen is an experience not to be missed. I found the combination of onsen baths & keiko to be a wonderful one, with the onsen soothing tired limbs and making me feel surprisingly un-tired, so that I experienced hardly any of the sore muscles usually associated with taking part in 3 keikos in one day (not to mention the party!). The rhythm of the days consisting of keiko, onsen bath, food (which was superb as well), more keiko, more onsen, more food, yet more keiko, another onsen, food, party... onsen... The communal onsen baths were surprisingly addictive, and in a very real way became the social centre of the gasshuku!



*One of the traditional Japanese dancers booked for our entertainment at the last night party. They led us on a long circular dance which threatened to become a kind of keiko after a while!*

However, the way the hotel packed us into rooms was an interesting learning experience for westerners not used to such things. I understand this is normal in Japan, and a quite acceptable way of keeping costs down in what was obviously otherwise quite an expensive hotel, but I did feel things had gone a bit far even by Japanese standards when one person in our room ended up sleeping in the futon cupboard!

Much of the AI keiko was spent learning an elaborate new bo kata "Spirit of the Flower". I was intrigued to learn this was one of eight new kata currently being developed in Japan, and slightly sorry that we only got to learn one of them. It would have been good to have seen at least a demonstration of the other 7, but that wasn't to be.



*Charles in action at the last indoor keiko*

On the third afternoon we all gathered in a hall to watch the high level exams. I couldn't take any exams myself, as one needed a second dan grading to even qualify as eligible for these exams! To my amazement there were huge numbers of young Japanese practitioners ready to take them, and I realised that in Japan people are not frightened by taking karate & bo exams, and regard progression to these levels as a natural and important part of their practice. However the highlight of the afternoon was the truly unique spectacle of watching Masashi Minagawa (UK), Michael Thompson (USA) and Mitsuru Okada (J) senseis take and pass their "Doshu" (Masters) exam, a level previously only ever attained by Ito sensei.

In short I thought the gasshuku was amazing, and can't imagine why I've never attended a Japanese gasshuku before in the last 20 years or so. It didn't even seem all that far to go! I look forward to the next one (another onsen I hope!) The Japanese manner of organising gasshuku in a venue with all facilities provided is something we could learn from in the UK perhaps. A very different kind of experience to the campsites & youth hostels we are used to here. More expensive certainly, but leaving everybody free to enjoy the Shintaido together, and actually come away feeling refreshed & invigorated.

Charles Burns



*The English speaking practitioners at Matsuri 2004. The entire gassuku was carried out simultaneously in Japanese, English & French, which made for some interesting translation problems, and made the job of the interpreters very hard.*

## Matsuri 2004 Exam Results

### UK Results

**Karate:** Masashi Minagawa advanced from 4th Dan to 5th Dan (the highest rank available)

**Shintaido:** Masashi Minagawa advanced from General Instructor to Master. He was one of 3 to attain the level at Matsuri 2004, previously held only by Ito sensei. It brings the total number of Master Instructors worldwide to four. Geoffrey Fitch advanced to senior instructor. Congratulations to both!

### Complete exam results at Matsuri 2004.

#### **Karate:**

3 Dan: Shin Aoki, Hiroshi Akiyama, Tadafusa Sakakibara  
5 Dan: Masashi Minagawa, Mitsuru Okada

#### **Bohjutsu:**

3 Dan: Nobuhiro Kiyokawa, Naoki Hatakeyama, Christian Foulon, Mieko Hirano, Giovanni Rossi, Robert Gaston, Connie Borden-Sheets, Jennifer Peringer  
4 Dan: Hideki Ohi, Toshimitsu Ishii  
5 Dan: Mitsuru Okada

#### **Shintaido:**

*Seishihan (Senior Instructor):*

Takeshi Hosokawa, Nobuhiro Kiyokawa, Tomoko Katsuno, Christian Foulon, Shin Aoki, David Franklin, Robert Gaston, Jennifer Peringer, Geoffrey Fitch, Giovanni Rossi

*Daishihan (General instructor):*

Hideki Ohi (J), Pierre Quettier (F), Alain Chevet (F)

*Dohshu (Master):*

Michael Thompson (USA), Masashi Minagawa (UK), Mitsuru Okada (J)

*Congratulations to all, especially to Masashi Minagawa & Geoffrey Fitch from the UK!*

## THE ISF MEETING AT MATSURI 2004

*Official report from Peter Furtado*

Immediately before the main gasshuku in Japan, the once-every-four years International Shintaido Federation (ISF) Board meeting was held. I attended as the representative of British Shintaido.

There were American, French and Japanese reps as well, plus two Board members appointed by Aoki Sensei (one of whom is Ula, who unfortunately couldn't travel to this event) and the manager of ISF, Taro Aoki (Aoki sensei's son). Aoki sensei also attended part of the meeting.

Aware that the last ISF meeting in 2000 had broken up in some disarray, and that little had been done in the meantime, all Board members knew that a lot of work had to be done to ensure that ISF resumed its role as the governing body of Shintaido world-wide, responsible for ensuring that Shintaido is recognisably the same wherever it is practised (at least 12 countries at the last count: we sent out a questionnaire about Shintaido in these countries and the responses were most interesting) and that we all see ourselves as part of a single global movement. Throughout the gasshuku, Aoki Sensei stressed that as the members of his own generation gradually take a back seat in the Shintaido movement, so the role of ISF must grow.

The meeting ran, very intensively, for more than a day and a half, punctuated (relieved) by cameo 30-minute keikos led by each board member in turn. Everything had to be translated into or out of Japanese, French or English, and we had a vast and complex agenda. Connie Borden, the facilitator as well as US rep, kept a strict control over the discussions and the clock, and in the end, all members of the Board felt that real progress had been made on substantive issues, and that we all understood one another's points of view far better than before.

Probably the most important thing we achieved was to set up a new Technical Committee

(the old, Aoki-Sensei-appointed technical committee having been abolished four years ago). This body is to be responsible for standardising examinations, curriculum and techniques, and maintaining quality control over teaching and encouraging new ways of teaching Shintaido. The membership of such a body, and how it should research new areas within Shintaido while maintaining traditional standards, has been a somewhat controversial matter. So, to be more exact, we set up an interim Technical Committee, comprising representatives of the four main countries, who will advise on the structure of a permanent one; and who will also deal with a request from the Japanese for certain modifications to the rules about examinations.

ISF is ultimately made up of its members (any Shintaido practitioner can join), but it is clear that membership (and hence income) is patchy and the benefits not widely appreciated. It was agreed that we need to work to improve understanding of the benefits of membership.

Additionally, there was a long list of items which we simply didn't have time to talk about: these range from the ISF newsletter and website, to other uses of ISF funds and the structure of the Board itself (at the moment practitioners in many countries are not properly represented). Rather than wait another four years, we are going to continue these discussions by e-mail (still with the simultaneous translation). I hope, therefore, that it won't be four years before you get a follow-up to this message.

In the meantime, if anyone wants more details, please contact me. And if you would like to show your support & join ISF, you can pay your membership fees at the same time as your BS membership.

Peter Furtado  
British Shintaido – ISF rep.



*Group photo of all the practitioners at Matsuri 2004*

# Matsuri 2004 Photos



*Left: The four person back-stretch we were introduced to at the opening keiko (the only one that took place outdoors in the end)*

*Below: Shin Aoki (Aoki sensei's son) leading a kid's keiko in one of the hotel rooms. Shin currently lives and teaches in the Bay Area of California.*

*All the photos of Matsuri 2004 in this issue are courtesy of Robert & Gail Kedoin. The complete gallery of SoA photos of the event can be seen at: [www.shintaido.org/gallery/MATSURI2004](http://www.shintaido.org/gallery/MATSURI2004)*



*"Aoki and the Masters". L to R, Aoki sensei, Okada sensei, Ito sensei, Thompson sensei, and Minagawa sensei. Aoki sensei explained that the new generation of instructors now taking over the teaching and development of Shintaido were fortunate to have such a group of Master instructors to turn to for advice and inspiration.*

## ASAMA-SANSO REUNION WITH SHINTAIDOERS & ITO SENSEI.

*Geoffrey Fitch was one of the BS members who went to Japan for Matsuri 2004, where he took & passed his senior instructor exam.*

*Geoffrey spent a lot of time in Japan in the early years of Shintaido development. Here he writes of his recent visit, and recalls past visits to Japan.*

“Hisashiburi deshita!” (long time no see). This was most significant for myself, as one year it was further up the mountain that I made a promise to myself, before great nature, concerning Shintaido.

It happened that I hitchhiked from Tokyo for one gasshuku in the 1970’s at the original ryokan (Japanese Inn). A kindly driver told me that he was going to visit his parents about 100km from Tokyo, but after we talked he insisted on taking me to a mountain range from where I had chosen to descend to Asama Sanso. Whether it was my elementary nihongo (Japanese) or some map reading error, it turned out that I got dropped a whole range away, and in the event had to use a closed mountain hut by forcing entry via a shutter.

It fell out that hungry & thirsty & tired I arrived down the trail ready to collapse or have o-furo (Japanese bath) having missed the morning’s keiko but Shigeko san beamed at my rucksack-toting figure & insisted that I was just in time for the afternoon keiko!

Also as Funakawa Atsushi reminded us, Asama was the venue for one of Hokari sensei’s bojutsu goreis where we challenged boh eiko 4km down & 4km up the mountain trail for one keiko! Unimaginable! The search party guided us back through forestry to the trail! Also there was the eiko with three bohs, and before God I swear that my hakama dropped enough that a big toe caught the front & launched me onto elbows, chin & stomach, but that the momentum bounced me enough to continue the eiko without hardly breaking stride. Shouts of encouragement & laughter etc, accompanied this!!

Another time I had “crashed” via exertion losing some consciousness, being advised by Kato sensei to rest for a while! At this venue some of my ribs got fractured in nagewaza (throwing technique) with a rough partner. Now that will keep you awake all night!

So it was with fond amazement that my body & soul reintegrated with Mt Asama the higher we bounced in the taxi, to a brand new lodge with ponies & lease cabins etc! Thank goodness the Yamazaki’s recognised me even without hair on the top of my head.

Q: Would “Teddy” Hanaki be none other

than “Red Dog” who had been so inspirational & helpful during a gruelling Niigata University Karate Club gassuku which I had also undertaken?

“Oh my God. None other!” And looking pretty much the same dammit!

There were old keiko friends: Tami Sato, Terue san, Iida san, and who is showing tea ceremony from Bohjutsu Club days? Egami sensei & Nakajima san & Prof. Suzuki! Too Much!

Hey! Lee Seaman & Jennifer Perringer & others heard of over the internet. Atsushi Funakawa, white BMW, successful author! Horror! Thank goodness for Michael “the saint” Thompson!

Had to leave Nippon the very next day. Too soon! Ah! Ah!

Quiet & beautiful keiko ground, less rocky than before. Ito sensei’s calm & measured, sharing, teaching gorei at the early morning. Great! High level keiko in more ways than one.

Alain Chevet contests with the waterfalls. The place I would choose becomes vacant and making a secure stance with waraji rope grass overslipppers, with some affection, I enter. Whah! Can’t see anything but white shroud; breathing is a little laboured, the rain has kept this unrelenting pressure. I adjust gassho & am delighted to hear Ito sensei encouraging me with presence & advice to adjust my head posture. I’m able to enjoy, and continue free from anxiety or struggle, a blessed natural state!

Not a trace of cold or a shiver. Just great, and a nice guiding out back to walking by Doshu Minagawa Masashi. How delightful that true friends have persevered & achieved to share one another’s aims, aspirations & struggles. Master Ito’s caring for the teaching of Shintaido for westerners must be regarded as inspirational & a job well done, even be he a bit of a b\*\*tar\* in the nicest possible way, at times. We had waterfalls at Shuzenji too, so that for myself the big healings for so many people including myself, giving & receiving, witnessing, made this a tremendous regenerating & affirming celebration of the lives of all: past, present & future. Without “filling-up” with tears of emotion I recall how serious (and something else) I felt having to return to England.

Aware that the administration &

organisational bureaucracy of younger Honbu officers had exasperated some true founder members, I would like to say that pretty much only positive energy passed my way, and even any contentions were aired positively in my presence.

Shintaido lives! Pass it on!

New Friendships, insights, revelations. Aoki sensei's vision come to fruition. Ito sensei's dedication inspirational. All sorts & conditions

sharing some profound souling to souling. Peace for us on earth. Reverence, love & affection for our parents, elders, forbears, teachers & friends who got to help us along the way. How to be.

Geoffrey Fitch.



*Last rei at the closing of Matsuri 2004*

## THE FIRST EUROPEAN SHINTAIDO FORUM

Based on the theme:

*"Ji-zai; Shintaido in Daily Life"*

**Saturday 30th October - Monday 1st November 2004**

Centre CSL UFOLEP, Lac du Der Chantecoq, Presqu'île de Rougemer, 51290  
Giffaumont (approximately 200 km from Paris and 120 km from Nancy)

**Cost: 130 Euros**

Contacts:

Clélie Dudon, tel: 01 42 02 14 55

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Caroline Raievski: 01 45 06 15 82

e-mail: <[caroline.raievski@wanadoo.fr](mailto:caroline.raievski@wanadoo.fr)>

*Open to all assistants, instructors and those involved in teaching.*

# MY SHINTAIDO STORY

*by Paula Kerby, May 2004. Following the interview with Chloë Goodchild in the last issue of Taimyo, here is the story of one of her students.*

My first exposure to Shintaido was not from a Shintaido instructor, but in a Naked Voice workshop with Chloë Goodchild, in 2001. I was 56 years old. We were there to practice listening awareness; to develop our inner witness; to bypass inhibition and relax into our true voices. Most of us were new to the work, and as petrified at the thought of singing in front of others as we were drawn to try.

In England, one of Chloë's long-time teaching partners is Masashi Minagawa, who is a Shintaido instructor; and even when he is not present, Shintaido naturally colours the Naked Voice work... Kenko Taiso warmups, for example, are a great way to loosen and relax for singing. Mudras and movement are important components of Chloë's work, and when she decided to show us Tenshingoso we all stood expectantly to follow her. I wasn't taking notes, but do remember that she said it was called "the hymn of life." She had already told us it was Shintaido, which meant "New Body Way." Chloë led us through the cycle; and I was hooked from the opening sweep toward heaven. I found the movements beautiful and compelling. We went through them several times, and they just got more magnetic.

Some of us drew together later to compare notes, make sure we'd gotten the subtle movements as well as we were able. Over the following year, I regularly did Tenshingoso at home as part of my Naked Voice practice, and when our local group came together to sing and chant, we would include it... except, I feel sheepish to admit, none of us then remembered its name. That year we were simply calling it "the vowels," and everyone knew what we meant.

I had begun my Shintaido practice without even knowing it.

My next encounter with Shintaido was in another Naked Voice workshop, a year later, and was even more compelling. One day Chloë spontaneously showed us the Diamond Mudra. The group was just reconvening after the lunch break, and people were still chatting, settling down. When Chloë began talking about the mudra, it had a thinking-out-loud quality, and not everyone really noticed at first. But some of us began to do what she was demonstrating.

I was already sitting cross-legged on a cushion with back straight, so it was easy to lift

my arms overhead, bringing my palms together with fingers pointing skyward, then lowering them in front of me like an angled sword, with elbows bent and forearms parallel to the floor... I glanced over at Chloë to see if I were doing it right, while following her instruction to gaze into the distance, "looking at nothing," when something big clicked: It was as if my body KNEW the posture; there was a surprised "ahh!" feeling for an instant as I simply locked in - and even though the posture is rather rigorously specific, I felt that my body relaxed into it. And also felt as if I had turned to stone, become an object of nature, had always been that way, would always be that way....

I heard Chloë telling us that our attention should be arising from the root chakra—but by then there was no root chakra; I was ALL root

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**One day Chloë showed us the Diamond Mudra ....**

**....I felt as if I had turned to stone, become an object of nature, had always been that way, would always be that way....**

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chakra, all one thing—my eyes, looking at nothing, somehow took in the entire room... even though it was strangely beginning to fade, to disappear. I was aware of what everyone else was doing, from the ones who, like me, had been following Chloë, to others who had finally noticed that "something was happening" and belatedly began to act; I was aware of the ones who leaned back, less involved, waiting for this to end so we could "get on with the workshop"; even as all this faded into nothing and a brilliant light grew to take its place, I remained aware of everyone in the room. Silence descended, and time stretched. When Chloë finally directed us to drop our elbows and open our palms to face upward before allowing our hands to come to rest, some inside part of me was resisting strenuously—an inner voice was saying No, let me continue! I could do this for the rest of my life!

I had no idea how much time had passed. It

was such a powerful experience that I could barely speak of it afterward, not wanting to diminish it. For the next eight months, I added the Diamond Mudra to my daily meditation practice, needing to experience more of this powerful form.

Before I continue this story, let me back up a couple of years to supply some background... to the moment when I learned that I was experiencing a mid-life onset of a physical disorder that was causing my vision to fail, and which profoundly sapped my energy, among other symptoms. It was a great shock, and I was experiencing a lot of illness, depression, anxiety, even panic. I was still trying to cope with what the neurologists had described as “chronic, progressive, and incurable,” when I decided to go (against all common sense, given how exhausting it was to travel) to Chloë’s Naked Voice Facilitator training in Santa Barbara, in November 2002.

It was a joy finally to meet Masashi Minagawa, who formally brings Shintaido to the Naked Voice training. Blending seamlessly with our voice work, Masashi took us through Kenko Taiso, Tenshingoso, some stepping and some partner exercises, and (in an unforgettable session at the beach) the first part of Taimyo. We were given brief, written descriptions of the basic kata. It was wonderful to receive so much at once.

Following are excerpts from a summation I sent to Chloë in April 2003, just before leaving for Ireland for a second 10-day Naked Voice Facilitator training:

“What has come to pass since the November training is that the basic Shintaido exercises I learned from Masashi have become absolutely central to my daily practice and well being. I could not have imagined this! I have done Yoga stretches (sporadically) for 35 years, and always found them helpful, but something different happened when I began to practice Kenko Taiso. At a certain point, I would FEEL the energy change in my body. No matter how difficult it might be to do a movement (given arthritis, old injuries, etc), nevertheless simply paying attention and moving only as well as one could, began to reap immediate and beneficial effects. The great surprise is that since the Santa Barbara training, no matter what, I have not missed a day of Kenko Taiso, Tenshingoso, and Taimyo. Sometimes I think it is holding my life together.”

In Santa Barbara, my sleeping was erratic. Despite fatigue I would wake long before dawn in my unfamiliar bed. Usually I meditate in bed and hope to fall asleep again. One morning midway through the training, I decided to follow the list of Kenko Taiso exercises in my facilitator’s manual. It was chilly in the room. The process was clumsy: read an exercise, recall how it was done,

and perform it as best I could with my morning-stiff limbs. Read another. Continue.

I felt my body begin to warm, to loosen; felt, somehow, more ready to face the day, more prepared for the morning sit. Unthinkably, I began to look forward to the dreaded pre-dawn sleeplessness, and followed this pattern for the rest of the training.

Home again. There is no Shintaido community here. Not a quick student, I continued to perform Kenko Taiso each morning, laboriously reading each paragraph in the manual, recalling the movement, and then doing it. Back to the manual; repeat. A few weeks passed. I began to notice how the movements build on one another, how each leads to the next in a natural progression. It is my body that notices! My conceptual self had been trying to memorise the sequence of movements, with only limited success. It was the doing of them, day after day, that revealed the sequence naturally. This was a lovely revelation for non-athletic me.

I began to notice that the change in my energy was more than the sweet coming-to-life feeling I got each morning as I performed the movements; it was larger than that. Subtle, though: the fluctuations were still there, the times of overwhelming fatigue; yet even so, underlying the fluctuations, something was changing. A few people began to comment on a difference they saw in me. I noticed that I was able to do more, to work a bit in the garden, to do the grocery shopping.... Suddenly, I was having to make choices again, in a tentative way, about how to use my time.... Life got more complicated again. It was much easier when I had to say no to everything, and that was accepted because of my ‘condition.’ I understand better now the seductiveness of illness.

In the recent weeks immediately preceding the beginning of the US attack on Iraq, and even more since it started, I have struggled to maintain my inner balance. The hardest aspect of this period has been witnessing the dramatic political polarisation of the people around me. I feel it in my body, which has been stiff and aching. These days there is virtually no conversation that does not go to the war. There has been much illness around me: my husband, my daughter, my neighbours and friends... a lingering flu that saps the strength and stays for weeks. I have not “caught” it, yet am moving very slowly and painfully. Among my family and dear friends is much grief, disbelief, feelings of helplessness, and a terrible, underlying dread. It is a struggle, sometimes, to gain the pure witness consciousness, to BE with these emotions, this moment, calmly and compassionately. The

consistent, grounding element of my life is Shintaido: Kenko Taiso; Tenshingosō; and especially Taimyo. They are inexhaustible. Each morning I enter them anew, even the mornings when it is hard to move, when I must acknowledge physical pain. Each morning they are a door that opens to Nothing. I am full of gratitude.

I was delighted to see Masashi again at the April 2003 Naked Voice training in Ireland. He took us through parts 2 and 3 of Taimyo kata, and was there to answer questions about form. It was pure luxury! I had been working daily alone for four months, from brief written notes, and was often uncertain. Later, I got the Kenko Taiso and Taimyo videos from SoA, which were a tremendous help, but my practice was most helped on the rare, fortunate occasions when I was able to see a teacher. In addition to Masashi Minagawa, I've twice found my way to Bellingham during the past year for a rewarding afternoon with Lee Seaman; and last fall my 10-part meditation went deeper yet in a class with H. F. Ito in San Francisco. Not only was I able to receive corrections and ask more questions, but also for the first time experienced the particular warmth and support of the Bay Area Shintaido community.

In some ways it may have been a blessing that I had to practice alone, because doing the movements at the usual teaching pace tended to result in injury. This took absurdly long to figure out. In my first few months of practice, I tried to impose the "normal" pace on myself— and kept hurting myself! Finally I began to hear my body, THIS body, with its various conditions due to age and illness and injury (in other words, its own uniqueness), and not to think it had to go faster or be anything except what it is. My practice became slower and deeper. My Kenko Taiso alone takes not 15 minutes, but 30 to 45 minutes, even more. Only by entering each movement fully and gently has my sense of this body—and with it my sense of the "larger body"—the vast energetic body in which Above and Below meet—finally had a chance to emerge. There seems to be no end of revelations.

It isn't as if I have achieved anything approaching perfection of form. Not only am I a beginner, but there are many days when the aches make me clumsy, or my pulse pounds in my head, or my balance is poor. I have come to accept all of these as they appear, without worry. I thank them, the pains and limits, and accept their guidance. Working with these challenges may in fact be what I have to offer others. Specifically, because of my physical limitations, I had to find my own way, and Shintaido has let me do this.

For many of you, my whole practice may constitute only your warmups!—the bumps in the road on the way to your "real" practice of bojutsu or other rigorous Shintaido forms. Yet I can report that in 18 months of daily repetition, I have not begun to exhaust my three basic forms. They continue to unfold, on bad days and good, in ways I could never predict: sudden "physical insights" (what else can I call a realisation that comes via the body, not the mind?) and, more rarely, startlingly beautiful, numinous realisations of how a given movement or posture connects heaven and earth via this body. I have no words for these.

Finally, although I felt quite hesitant about it at first, I have begun to share my practice with some women like me, who experience physical limitations of one kind or another, or who were craving a very slow, non-threatening approach. I put off leading for a long time because I wasn't sure that I knew enough. As I read *Body Dialogue*, I gather that this is a common theme! But as the weeks and months have passed, I have gotten a clearer image of the value of the unique ways Shintaido expresses itself through each of us. It has a vast breadth, which easily encompasses my creaky, frail days, and the exuberant, leaping guys I watched during Ito's class at the beach last fall.

So, sharing my practice is also my practice now— hoping to demonstrate and remind others that we can respect physical pain, can open with gratitude and be guided by it; can find self-compassion; can fully inhabit our body.... So far, it is going well. We are all benefiting, having a great time, and I am getting wonderful feedback. I did not "decide" to do it; it wanted to happen and nudged me until I bowed to it.

This is my story so far.

Paula Kerby

**GASSUKU IN ITALY**  
*Italian Shintaido are having  
 their summer gasshuku  
 on 2-3-4 July 2004.*

Information is available on their web site.  
[www.shintaido.it/avvenimenti/avvenimenti.htm](http://www.shintaido.it/avvenimenti/avvenimenti.htm)  
 or by contacting Giovanni Rossi  
[<shintaido@shintaido.it>](mailto:shintaido@shintaido.it)

*Michael Thompson will be there.*

## BRITISH SHINTAIDO EQUIPMENT

After a long absence the British Shintaido Equipment Store is at long last becoming useable again. I've managed to make up a stock report! At the moment we have no official equipment manager, and the British Shintaido equipment (some £1,500 worth of it!) has been stored in various people's houses around the country. It is now back in one place again, and the best way to order some of it is to call me. I'll either send it to you (you will be asked to pay postage costs) or bring it with me the next time we happen to be at a workshop together.

There will shortly be available a new range of "British Shintaido" T-shirts & other garments. In the meantime, to make way for this, we are offering on sale a number of items which have in storage for a while, in the hope of making some room! The items most on sale are the range of "Blitz" karate gi. These are good quality keiko-gi, not quite made to the same specifications as the traditional Shintaido gi, but somewhat cheaper. Now on sale they are LOTs cheaper, so if you need a spare keiko-gi now is a good time to buy one. Supplies are limited, and we don't plan to re-order these, so order yours now to avoid missing out.

Those of you who've been waiting for tabi will be pleased to know that we brought back a bag of them from Japan, so they are now available in a better range of sizes. We also brought back some packs of souvenir postcards which are available at £4.00 for a pack of 5 designs. These are wonderful and highly recommended.

Charles Burns

### EQUIPMENT SALE

Sale items	Sizes available	Normal Cost	<u>Sale Price!</u>
<b><i>Karate Gi (Half Price!!)</i></b>			
Blitz kids keiko gi (jacket, trouser & obi as a set)	00,0 & 1	£26.00	<b>£13.00</b>
Jacket separately	2	£12.00	<b>£6.00</b>
Trouser separately		£9.00	<b>£4.50</b>
Blitz Adult Keiko gi (jacket, trouser & obi as a set)	5 & 6	£32.50	<b>£16.00</b>
Jacket separately	4	£16.00	<b>£8.00</b>
Trouser separately		£12.50	<b>£6.00</b>
High black tabi	30 (1 pair only)	£22.00	<b>£11.00</b>
<b><i>Merchandise Clothing (with Shintaido "Jumping Man" logo)</i></b>			
Children's T-shirts	Tiny, & tiner	£5.00	<b>£4.00</b>
Adult's Long Sleeve T-shirts	XL only (they look good baggy!)	10.50	<b>£8.00</b>
Padded jacket (recommended)	L & XL	£33.00	<b>£26.00</b>
Body warmer (only one left)	L	£29.00	<b>£24.00</b>
Sweatshirt (bohjutsu design)	M & L	12.50	<b>£8.00</b>
Soft hats (cream colour)	One size	£3.50	<b>£2.50</b>
Headbands (only one left)	One size	£2.50	<b>£1.50</b>
Lapel Pins (not in sale)	n/a	n/a	<b>£2.00</b>

To place an order please phone, e-mail or fax a list of stuff to me, stating sizes etc, your BS membership no (if up to date) and the delivery address. I'll pack it all up and post it off to you. I'll then send a bill including the postage costs I paid to the same address, for you to settle at your convenience.

**Tel: 0118 947 6637, Fax: 0118 947 6813, e-mail charles@shintaido.co.uk**

## Equipment List

Items	Sizes available	Normal Cost	BS Discount
<i>Shintaido Gi (best quality traditional gi, handmade in England)</i>			
Jacket trousers & obi as a set	size 6 only	£50.00	<b>£44.00</b>
Jacket only	6	£25.00	<b>£22.00</b>
trousers only		£20.00	<b>£18.00</b>
Obi	Various lengths to suit waist	£6.00	<b>£5.00</b>
Hakama	23 & 24 (small)	n/a	<b>£80.00</b>
Shintaido Tabi	22, 24.5, 25, 26, 26.5, 27, 28, 30	£22.00	<b>£20.00</b>
Tabi socks		£5.00	<b>£4.00</b>

### Carrying cases

Bo case (black canvas outer case)		£9.50	<b>£8.50</b>
Bo case (patterned cloth, lined with leather ends)		£14.00	<b>£12.50</b>
Jo case (brown canvas outer case)		£7.00	<b>£6.00</b>
Bokuto case (black canvas outer case)		£8.50	<b>£7.50</b>
Bokuto case (patterned cloth, lined with leather ends)		£11.50	<b>£10.00</b>
Polythene tubing (very cheap option, or use as a waterproof outer case)		25p per metre	

### Books, etc

Total Stick Fighting by Hiroyuki Aoki (essential for those who like bo!)	<b>£16.50</b>
Shintaido, by Horoyuki Aoki (the basic textbook, essential for all)	<b>£12.00</b>
Untying Knots, by Michael Thompson (one man's moving story)	<b>£12.00</b>
Taimyo, by Fugaku Ito (leaflet showing Taimyo part 1)	<b>£4.00</b>
Shintaido Student handbook (SoA publication)	<b>£3.00</b>
Improvisation & the body (SoA publication)	<b>£4.00</b>
A First Zen Reader (one copy, not sure why we have it!)	<b>£6.50</b>
Ito in a Waterfall Poster	<b>£6.50</b>
Matsuri 2004 Postcard Souvenir Postcards (set of 5, recommended)	<b>£4.00</b>
Envelope re-sealers (various designs)	<b>£2.00</b>

## Size Conversions

TABI	
Japanese	UK
22	2.5
23	4
24	5
24.5	6
25	6.5
25.5	7
26	7.5
26.5	8
27	8.5
27.5	9
28	9.5
28.5	10
29	10.5
29.5	11
30	11.5
30.5	12

KEIKO GI	
Size	Height
00	< 4'
0	4' - 4'3"
1	4'4" - 4'8"
2	4'8" - 5'2"
3	5'2" - 5'5"
4	5'5" - 5'10"
5	5'10" - 6'
6	6' - 6'4"
7	> 6'4"



## From Arnold Mindell Sitting in the Fire

### LARGE GROUP TRANSFORMATIONS UNIFYING CONFLICT AND DIVERSITY

*Selection made by Masashi Minagawa*

The leader follows Robert's Rules of Order; the elder obeys the spirit.

The leader seeks a majority; the elder stands for everyone.

The leader sees trouble and tries to stop it;  
the elder sees the troublemaker as a possible teacher.

The leader strives to be honest;  
the elder tries to show the truth in everything.

The democratic leader supports democracy;  
the elder does this too but listens to dictators and ghosts.

Leaders try to be better at their jobs;  
elders try to get others to become elders.

Leaders try to be wise;  
elders have no minds of their own but follow the events of nature.

The leader needs time to reflect;  
the elder takes only a moment to notice what's happening.

The leader knows; the elder learns.

The leader tries to act; the elder lets things be.

The leader needs a strategy; the elder studies the moment.

The leader follows a plan;  
the elder honours the direction of a mysterious and unknown river.

## BS WEEKLY DIARY

<b>MON</b>	Bristol	1.15 - 2.15pm	Jack Brimble Centre, St Werburghs
	Contact Belinda French		
	Nailsworth	7.00 - 9.30pm	Horsley Village Hall
	Contact Jo & Paul Hofman		6 week beginners & advanced courses
<b>TUES</b>	Bristol	7.00 - 9.00pm	Malcolm X Centre
	Contact Belinda French <i>Shintaido karate</i>		
<b>WEDS</b>	Thames	6.30 - 8pm	Hounslow Yoga Centre
	Contact Daniel des Baux <i>Yoga and soft Shintaido</i>		
<b>THURS</b>	Bath	10.30 - 11.30am	Almondsbury Sport & Leisure Centre
	Contact Masashi Minagawa <i>Shintaido for people with learning disabilities</i>		
	Bath	6.45 - 8.15pm	Walcot Infant School
	Contact Jules Heavens (or Masashi)		
<b>FRI</b>	Guildford	From 10am approx.	Local Park (weather permitting)
	Contact David Gilbert		
<b>SAT</b>	Thames	From 8am in the morning!	The Old Deer Park, Richmond
	Contact Daniel des Baux <i>Shintaido classes approx twice a month, please call for times</i>		
<b>SAT or SUN</b>	Guildford	No set time	Local Park (weather permitting)
	Contact Helen Holt <i>Irregular weekend class taught by Helen &amp; Dave</i>		
<b>SUN</b>	Reading	10.30 am - noon	Local Park (weather permitting)
	Contact Charles Burns <i>Bojutsu session for young people (all welcome)</i>		
<b>SAT or SUN</b>	Bristol	9.30 am - 12.30 pm	Bishop Road School
	Contact Masashi Minagawa <i>Specialist classes by appointment. Masashi gives private lessons and takes small groups at these times.</i>		

*Shintaido classes and their venues do change on a regular basis, so it is wise to check first before attending an*

## British Shintaido Ai Classes

Sun 27th June	GUILDFORD	Contact Helen Holt
Sun 26th Sept	BRISTOL (AGM)	Details to be announced shortly

**Cost £18 per event. Open to AI's (assistants & instructors) and all serious students.**  
*It is hoped that many of these events will be accompanied by a locally organised event on the*

# BRITISH SHINTAIDO ORGANISATION

## 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..

## Branch Contacts

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### Treasurer

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### Membership Secretary

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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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## Newsletter Submissions

For preference, please send 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 6th September 2004**

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

## Internet distribution

This magazine can be freely downloaded at:  
[www.roving-artist.com/shintaido](http://www.roving-artist.com/shintaido)