

TAIMYO 33

THE MAGAZINE FOR BRITISH SHINTAIDO

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A snapshot of eiko performed at Masashi's Thursday morning "Shintaido for those with Learning Disabilities" class. This weekly session has been going strong in Bristol for over 10 years now. Some of those involved are now long-standing practitioners!



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BS 2005 SCHEDULE

January 16th	BS Kangeiko	Oxford
February 19th	Outreach workshop	Oxford
April 23rd	Outreach workshop	Bristol (Bo)
May 22nd	Outreach workshop	Reading (Bo)
June 4th/5th	BS Daienshu & exams <i>Team: Charles, Ula & Geoffrey</i>	(location to be advised)
July 3rd	Outreach workshop	Guildford
September 3rd/4th	Camping event <i>(Run by Nailsworth Branch)</i>	The Gower, S.Wales
September 25th	Outreach workshop	Brighton (Shintaido)
October 15th/16th	Outreach workshop	Thames (Karate)
December ?	BS autumn AI workshop and exams	(location to be advised)

Select European Schedule

Mar 18-20 Swiss Shintaido Spring workshop
Zurich, with Ito sensei

Contact: <ch.schaumann@bluewin.ch>

June 10-12 German Shintaido summer retreat
Cologne, with Ito sensei

Contact: <gee_muller@gmx.de>

July 5-20 Family retreat in The Loire Valley
with Ito & Nicole. Workshops include shintaido,
bojutsu, tai-chi, skin diving, kenjutsu & others

Contact: <nicole.beauvois@free.fr>

**Oct. 29-31 Second ESC event & exams
Toulouse**

Further details in future editions

*The European Schedule is a new idea for this
newsletter I'm trying out. Please let me know if
you find the list interesting and/or useful.*

BS Winter Exam workshop

*A one day bo workshop with exams
in the afternoon.*

Sunday 12th December 2004

Lewes Leisure Centre, Mountfield
Road, Lewes, East Sussex BN7 2XG

*Led by Masashi Minagawa
& Ula Chambers*

This bo workshop will consolidate
skills already learned by people new to bo,
and provide an introduction to kumi-jo
techniques for more advanced members.

There will be a morning keiko,
followed by lunch and a short afternoon
keiko and exams.

NB. To take an exam you do need to be
a current BS member.

Costs:

£40 for the whole day (inc lunch)

(BS members £35)

Young people £15 (up to 18 yrs)

£25 for morning only

Full details from Ula Chambers

AGM Report

From Peter Furtado's house, 10th October 2004

The AGM took place not as originally planned in Bristol, but in Oxford on 10th October 2004. There was a meeting in the morning at Peter Furtado's house, followed by a keiko in the afternoon led by Masashi at OXRAD. The meeting was well run, with an efficient agenda drawn up by the outgoing secretary, Carina Hamilton.

Much of the meeting focused on what has happened during 2004, which was seen as a mixed year since the reinvention of British Shintaido at the last AGM in 2003.

On the plus side the management team have been very busy, and the structure of the new organisation is now in place with a new bank account, standing-order scheme, and a working insurance policy. It is all by and large running smoothly, and ready to accommodate future growth. This is about where we wanted to be at this time. BS also invested considerable amounts of its resources in sending a good "British group" to Matsuri 2004 in the spring.

On the minus side there were two events that had to be cancelled after publicity had gone out, which left many members with the feeling that the new organisation was having trouble organising events! The Gower daienshu had to be cancelled in the summer, mainly due to lack of numbers, and replaced with a scaled down exam weekend in Guildford. (However this event, in the end, was a great success for BS and one of the highlights of the year.) More recently the AGM itself had to be rescheduled at the last minute after a misunderstanding between the organisers.

One of the main successes of 2004 was the series of AI keikos held around the country. This series of keikos was originally conceived by the Nailsworth Group in late 2002, was run by them for BS during 2003, and then "took off" around the country in 2004. They've been great fun and highly instructive for all who took part. However at the AGM it was generally felt that they had run their course, and to continue them might become a bit introspective. It was decided to replace them with a series of "outreach" events, open to all, which would be held around the country in all areas where there are embryo Shintaido groups. The idea would be to gather all the energy of the BS community into one place to give a boost to each local group in turn. The timetable for these outreach events can be found in the 2005 schedule at the beginning of this newsletter.

Next the AGM turned to the question of officers. Charles Burns will continue as treasurer, and Helen Holt as Management Secretary. The meeting welcomed them both back to another year of meetings and hard work! Carina Hamilton did not stand again as Secretary, and the meeting thanked her in her absence for the wonderful work she has done in helping to co-ordinate the work of the management team, and her parents for actually hosting many of the meetings. A rather surprised looking Manish Gandhi was duly elected to take her place.

Charles Burns

A Note from our new Hon. Secretary

On the long, horrendous and confusing road to Oxford, the vacancy for secretary was first mentioned to me by my fellow shintaidoist (who will remain unnamed for safety & security purposes). I did consider it, but that's as far as I got as one of my fellow shintaidoists openly volunteered me for the position at the meeting.

The shock, fear and panic of the situation at hand did overwhelm my senses, although my new gained popularity rebalanced my thoughts. I accepted the position, and currently, I eagerly await the first management meeting where I will be the honourable secretary.

Manish Gandhi



... and a totally unique eiko-dai!

Shintaido & People with Learning Disabilities

This class has been quietly taught by Masashi in Bristol for over 10 years now, and has become a firm fixture in the lives of many of those who attend on a regular basis. On the day we drove to the ESC event together, Masashi asked if I would like to visit the class in the morning, an invitation which I eagerly accepted. The class consisted of 15 or so “clients” most of which were accompanied by a carer, making a total of nearly 30 people. Masashi explained that, being half term, it was quite a quiet week, and sometimes there are nearly twice that number. This is by far his biggest class!

In the early day of the class Masashi realised the importance of making the carers take part as well, both for their own well-being, and because they can act as assistants in helping the clients to get as much from the exercise as possible. Still

the level to which the clients visibly took part seemed to vary enormously from amazing (if somewhat uncoordinated) enthusiasm, to complete non-participation. The most extreme example of this was one young man, seemingly quite autistic and yet very friendly and open, who spends the whole session each week hiding behind the curtain on the stage. He has been attending for many years, and his carers report that he gets a lot out of the sessions, and clearly enjoys coming!

The one hour class consists of series of gentle kenko-taiso exercises and a massage, followed by some tsuki and a totally unique eiko-dai! Each week the routine is the same, since some of the clients become upset if Masashi leaves something out, and after each and every exercise they stop and clap each other for doing so well.

The whole atmosphere was friendly and open, and they all had no hesitation in welcoming me as a guest in what was obviously “their space”, even forgiving me the intrusion of a camera.

Charles Burns



The rather difficult balancing exercise





BS summer exams

The tsuki exercise at Masashi's Learning Disabilities class

The exam event was held in Guildford at the beginning of June. It was very well organised at rather short notice by Helen Holt, who made a weekend of it by organising both a local Guildford event on the Saturday, with the BS exam event on the Sunday. The Saturday event consisted of two keikos led by Charles Burns and David Gilbert, while the Sunday keiko was led by Masashi Minagawa. The exams were very well attended, with a unexpected rush of interest in karate gradings, which hopefully will continue in the forthcoming Winter exam event in Brighton.

Here are the exam results:

Shintaido exams

Jamie Hamilton	Assistant
Carina Hamilton	Assistant
Helen Holt	Assistant
Dave Shaw	Assistant

Karate exams

Charles Burns	5 kyu
Taz Burns	9 kyu
Ula Chambers	5 Kyu
Daniel Des Baux	3 Kyu
Peter Furtado	5 kyu

Bo-jutsu exams

Charles Burns	2 Kyu
Taz Burns	8 Kyu
Belinda French	9 Kyu
Peter Furtado	3 kyu
Jamie Hamilton	9 kyu

Only if one knows the truth of Love, which is the real nature of the Self, will the strong entangled knot of life, be untied.

Only if one attains the height of love will liberation be attained

The experience of Self is only Love
Which is seeing only love,
hearing only love,
feeling only love,
tasting only love,
and smelling only love,
which is bliss .

Ramana Maharshi
Submitted by Helen Holt

ESC Gasshuku Report

Northern France at the end of October

The first official European Shintaido College (ESC) event took place at Lac du Der in Northern France from Saturday 30th October to Monday 1st November. Although there was a similar event last year, that was described in typical French Shintaido fashion as the European event “number zero”, since there was at that time no official European organisation! Masashi, Ula & myself attended from BS, and had a great time driving through England & France via the Chunnel. There were also attendees from groups in France, Germany, Switzerland, Italy & Belgium, as well as visitors from the USA and Japan, making it feel almost like a second international event! For me it was the first European event I had been to for many years, so was both a walk down memory lane and a whole new experience all at once.

The gasshuku itself was organised on the “conference style” used successfully by French Shintaido in recent years. For those who have never attended such as event this means that one pays a registration fee which simply covers attendance at the event (mostly accommodation & catering) but does not include the keiko itself. Various keikos were then made available which one paid for (at very reasonable rates) on a per-session basis. This was all done via a big confusing notice board in the common room, with one sheet of paper per keiko and space for people to add their names to those classes they wished to attend.

There were a number of main keikos on offer, but any instructor was also able to offer ad hoc single keikos, or private lessons, at any point in the gasshuku (e.g. at 6 am!), and many did so. For those not offering to teach, they were free to attend as much (or as little) keiko as they wished.

This unlikely sounding arrangement did in fact work extremely well, and keikos were available to study on a wide range of subjects, from advanced bo practice to tai-chi lessons, meditation, and some extremely soft shintaido. The only frustrating part about this arrangement being that it is quite impossible to study all of them!

This particular event was “AI’s only”, however I see no reason why this “conference style” of event shouldn’t work on a more general level as well, perhaps at our own BS daienshu in June? Apart from anything else it means that non-practicing family members would be able to

attend the event on an accommodation-only basis without feeling that they are paying for a lot of keiko they don’t actually need, while the conference structure itself could just as well be used for them to organise alternatives such as local walks & visits etc., or even to offer other paid services such as a crèche or lessons in other related disciplines.

As well as the keiko there was also an exams session for exams up to Instructor/ni-dan level which I was fortunate enough to take part in, and a demonstration from Japan by Wataya and Oi senseis of two long kata, one bo kata and one jo kata, which they’ve been developing in Japan. The bo kata was “karei no kon” which was taught to those who attended Matsuri 2004, but the version demonstrated here seemed to have refined. It had a wonderful fluidity and grace.

Charles Burns

ESC exam results:

Shintaido exams

Frederique Dolphijn	Graduate
Serge Magne	Graduate
Clelie Dudon	Instructor
Gilles Eskenazi	Instructor
Akihiro Nishida	Instructor
Christine Piegay	Instructor

Karate exams:

Raphel Weill	Shodan
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Bo-jutsu exams:

Charles Burns	1 kyu
Kirsten Reinders	1 kyu
Valerie Sarfati	1 kyu
Conny Schneider	Shodan
Nicole Beauvois	Shodan
Frederic Pinet	Shodan
Akihiro Nishida	Ni-dan

The European Shintaido College

The concept of a European Shintaido College has been in development for some time, and needs some explanation now that it formally exists, since it does affect British Shintaido.

The ESC is an assembly of all shintaido instructors (ie graduate or shodan level and above) who are members of their national group (in whatever form it exists) and are current members of ISF. It exists to foster communication and exchange between different groups in Europe, but its main work is to maintain a common Shintaido standard throughout Europe which it does in two ways: firstly by creating and running a unified European exam system for graduate & instructor exams (and shodan, ni-dan exams in bojutsu & karate) and secondly by creating a European curriculum for national groups to follow (if they wish) up to assistant and 1st kyu level. The need for a common curriculum was clearly illustrated in the shodan exams session in which I took part; there were at least three slightly different versions of the jo kata (ho-jo kata) on display!

This means that from now on BS (like all European national groups) will only be able to hold exams up to assistant, or 1st kyu level. To take a higher exam you will need to attend an ESC event, which are currently planned to take place in different locations around Europe on an annual basis. To take a senior instructor, or san-dan exam and above you will (as before) need to attend one of the ISF events, which take place every four years around the world (a kind of Shintaido olympics!). Matsuri 2004 was one such event.

The work of maintaining the curriculum will be done by a newly formed European Technical Council (ETC), which consists of all ESC members of senior instructor level, or san-dan and above. There are currently eight such members in Europe, and at this event Masashi Minagawa was appointed as their chairman. Three of their number (Giovanni Rossi, Pierre Quettier and Alain Chevet) were also appointed to serve as the European members of the ISF Technical Council, which has overall responsibility for the Shintaido curriculum around the world.

ESC will also maintain a database of all gradings in Europe, and a list of properly registered Shintaido instructors on the world-wide web, based on information supplied by national groups. It will also issue diplomas to all successful examinees, and also to new assistants if needed. This will all be done by an ESC secretary,

and Gilles Eskenazi was elected to fulfil this role, which he already does for French Shintaido. Part of the thinking here is to enable those who have heard of Shintaido to find a registered instructor, and also to enable anybody who has joined a Shintaido class to check they are receiving proper instruction.

In addition to a secretary Caroline Raievski was elected as an ESC co-ordinator, while Charles Burns & Conny Schneider jointly volunteered to try and find a suitable (free if possible!) Europe wide bank account.

ESC will raise money for its activities by charging for exams & diplomas, taking a small amount from ESC events, and charging a small annual fee to national groups for each member in their country (ie: graduates, shodan holders and above), currently €10 pa. Its main expenses will include sending the 3 ISF reps to ISF technical council meetings, and printing & making a new ESC Diploma. These changes will be reflected in BS rates when the membership falls due for renewal in April.

Charles Burns

THE SWORD & THE FLOWER

*A New Naked Voice
Residential Weekend Workshop*

Fri 3rd - Sun 5th Dec 2004

With: Chloe Goodchild
Masashi Minagawa,
& Nicholas Twilley

*“The Sword and The Flower is all
that I bring. My soul’s offering”*

VENUE: Charney Manor, Charney, Oxon
COST : £250
Arrive for Dinner 6.30pm.
We will complete with Sunday lunch.

CONTACT: The Naked Voice Foundation
Kathleen Mackey: 0117 927 7020
E-mail: <now@thenakedvoice.com>
Website: www.thenakedvoice.com



Above: perhaps the defining image of the ESC event for me, Ito & Oi sensei, together with Mieko, explaining the new kata's with the help of a jo and a white laptop!

Right: me in action during the bo exam.

Below: Wataya & Oi sensei demonstrating a point during the exam feedback session.



Equipment List

Items	Sizes available	Normal Cost	BS Discount
<i>Shintaido Equipment</i>			
Obi	Various lengths to suit waist	£6.00	£5.00
Hakama	23 & 24 (small)	n/a	£80.00
Shintaido Tabi	22, 24.5, 25, 26, 26.5, 27, 28, 30	£22.00	£20.00
Tabi socks		£5.00	£4.00
<i>Carrying cases</i>			
Bo case (patterned cloth, lined with leather ends)		£14.00	£12.50
Jo case (brown canvas outer case)		£7.00	£6.00
Bokuto case (patterned cloth, lined with leather ends)		£11.50	£10.00
Polythene tubing (very cheap option, or use as a waterproof outer case)		25p per metre	
<i>New BS Merchandise clothing</i>			
BS logo T-shirts (various colours)			£12.95
BS logo sweatshirts			£19.95
BS logo joggers (Black with white logo)			£19.95
BS logo hoodies			£24.95
BS white legionnaires cap			£9.95
<i>Books, etc</i>			
Total Stick Fighting by Hiroyuki Aoki (essential for those who like bo!)			£16.50
Shintaido, by Horoyuki Aoki (the basic textbook, essential for all)			£12.00
Untying Knots, by Michael Thompson (one man's moving story)			£12.00
various Shintaido booklets			£4.00
Ito in a Waterfall Poster			£6.50
Matsuri 2004 Postcard Souvenir Postcards (set of 5)			£4.00
Envelope re-sealers (various designs)			£2.00

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"

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.

Charles Burns

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

BS WEEKLY DIARY

MON	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
TUES	Bristol	7.00 - 9.00pm	Malcolm X Centre
	Contact Belinda French <i>Shintaido karate</i>		
WEDS	Thames	6.30 - 8pm	Hounslow Yoga Centre
	Contact Daniel des Baux <i>Genral Shintaido class</i>		
	Brighton	7.00 - 8.30pm	St Nicholas' Church Hall, Saltdean
	Contact Ula Chambers <i>Bojutsu course for beginners (15 yrs & over)</i>		
THURS	Bristol	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)		
FRI	Guildford	From 10am approx.	Local Park (weather permitting)
	Contact David Gilbert		
SAT	Thames	From 8am in the morning!	The Old Deer Park, Richmond
	Contact Daniel des Baux <i>Approx twice a month, please call for times</i>		
SAT or SUN	Guildford	No set time	Local Park (weather permitting)
	Contact Helen Holt <i>Irregular class taught by Helen & Dave</i>		
SUN	Reading	10.00 am - noon	Local Park (weather permitting)
	Contact Charles Burns <i>Bojutsu session for young people (all welcome)</i>		
SAT or SUN	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 unfamiliar class.

BRITISH SHINTAIDO ORGANISATION

Instructor's Council

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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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Charles Burns 0118 947 6637
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Helen Holt 01483 825459
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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 7th February 2005

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

Internet distribution

This magazine can be freely downloaded at:
www.roving-artist.com/shintaido