

# TAIYO 34

THE MAGAZINE FOR BRITISH SHINTAIDO

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*“Jodan attack”, a digital silhouette collage, by Charles Burns*

## **A rather belated Happy New Year to you all!**

In a packed issue we look back at the last workshops of 2004, and forward to 2005. There's also a long personal article from about the dramatic events in Asia over the new year itself. In the meantime I created this collage as a kind of New Year card for all of you. The silhouette is based on a photo that was sent to me after the European event.

Charles Burns

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## BS 2005 SCHEDULE

March 13th	Spring exam workshop	<i>Location tbc</i>	Committee (any)
April 9th	Outreach workshop	<i>Oxford</i>	Peter Furtado
April 30th	Outreach workshop	<i>Bristol (bo)</i>	Belinda French
May 22nd	Outreach workshop	<i>Reading (bo)</i>	Charles Burns
June 10th - 12th	BS Daienshu	<i>Douai Abbey</i>	Ula, Geoffrey & Charles
July 3rd	Outreach workshop	<i>Guildford</i>	Helen Holt
September 3rd/4th	Camping event	<i>The Gower</i>	Nailsworth Group
September 25th	Outreach workshop	<i>Brighton</i>	Ula Chambers
October 15th/16th	Outreach workshop	<i>Thames (karate)</i>	Daniel de Baux
Autumn?	BS autumn AI workshop and exams ( <i>location to be advised</i> )		

## Select European Schedule

Mar 18-20 Swiss Shintaido Spring workshop  
Zurich, with Ito sensei  
Contact: <[ch.schaumann@bluewin.ch](mailto:ch.schaumann@bluewin.ch)>

June 10-12 German Shintaido summer retreat  
Cologne, with Ito sensei  
Contact: <[gee\\_muller@gmx.de](mailto:gee_muller@gmx.de)>

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

All are welcome, the idea is to have a holiday,  
and take part in as much or as little of the  
activities as you wish!

July 9-10th Bojutsu workshop up to Shodan

July 11-14th Taichi and/or Skin diving  
(Taichi in the morning  
Skin diving in the afternoon)

July 15-17th Advanced bojutsu workshop.  
(Nidan and above)

Contact: <[nicole.beauvois@free.fr](mailto: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.*

## Treasurer's report

Enclosed with this newsletter you'll find a report of our accounts for 2004. This is the first time as treasurer that I made such a report, so it was an interesting experience. I hope it will give you a sense of the financial underpinnings (such as they are!) of the organisation, and the ways in which your money is being spent. It was certainly useful for me in getting used to my role as treasurer. If you find it a useful document (or if you don't) do let me know so that I can decide if I can be bothered to do it again next year!

The accounts do show a substantial loss. However, this is to be expected because of the large sums we spent on bursaries to help those who attended the international event Matsuri 2004 last spring. If you disregard those figures then you can see BS has in fact regained a little of that money over the year. Hopefully we will recover enough over the next few years to be able to offer future such bursaries at the next international event (presumably in 2008?)

In all my first year as treasurer has been an interesting and rewarding one. BS ran a successful program of events throughout the year (albeit not always as planned!) and I feel happy to have played a part in that. I'm looking forward to playing a similar role in 2005, particularly with the planned daienshu (which promises to be a challenge) and in helping to expand the practice of Shintaido in the UK via our series of outreach events.

Charles Burns

## 2005 Daienshu Announcement

*Douai Abbey, 10th - 12th June 2005*

Announcing the British Shintaido Daienshu 2005, which will take place at Douai Abbey in Woolhampton, Berkshire from the evening of Friday 10th June, to the afternoon of Sunday 12th June 2005. Douai Abbey, set in beautiful countryside on the edge of the Cotswolds, is home to a community of Benedictine monks. There is a large and unusual Abbey Church, and the whole space is imbued with a calm and peaceful atmosphere. It promises to be an original and inspiring venue for a Shintaido retreat, with a central location within easy distance of most BS members.

This will be the first residential daienshu of this nature to take place in England in recent years, and so represents an important departure for BS. I hope you will give it your full support!

Spaces are strictly limited to 22 people, so early registration is advised. Accommodation will be in the Douai Abbey guest house (of which we have exclusive use) with the opportunity for a few men who wish it to stay in the quiet & silence of the monastery itself!

We are offering a number of attractive discounts. The basic cost of the gasshuku is £175 per person (which includes all accommodation and meals), however for current BS members there is a £20 discount. In addition, for all those who register before 10th April 2005, we are offering a further generous £30 "early-bird" discount. So if you are an "early-bird" BS member, the total cost will be just £125!

We are still in the early stages of planning the program & theme for this event. If you have ideas and would like to get involved do get in touch with one of us. The Daienshu organising team consists of Ula Chambers, Geoffrey Fitch & Charles Burns, but we do need keen, creative people to attend planning meetings and generally get involved in shaping the theme of the gasshuku.

For more information about Douai Abbey please visit [www.douaiabbey.org.uk](http://www.douaiabbey.org.uk)

To register for the event please contact me:

Charles Burns: 0118 947 6637

[<charles@shintaido.co.uk>](mailto:charles@shintaido.co.uk)

## Jo Workshop report

*The jo workshop in Lewes, East Sussex. 12th December 2004.*

The December workshop was held at Lewes Sports centre, a venue for many past Shinatido events. I had been running a boh class for about 5 weeks at that time and some of my students were keen to do boh keiko with other practitioners and very willingly gave of their time and effort to help organise the event (special thanks to Mandy!).

The evening before, the BS technical committee (Minagawa sensei, Geoffrey Fitch sensei and myself) met up to talk and practice. David Franklin, a senior instructor from the US, who had recently been living in the Czech republic, joined us for our keiko. During our practice we went over some of the jo (short staff) techniques that we had studied at the recent European Instructors event in November 2004. The study of jo is part of the boh examination curriculum at 1 kyu level and we felt it would be important to introduce it to beginning practitioners. It takes much time to become "at one" with a weapon, and people who start later

are sometimes nervous about using it, especially since the handling of a jo is different in several respects from handling a boh. Being just over half the height of a boh and thinner in diameter, movements with the jo are quicker, but less expansive. The form of mochikae involves sliding ones hands around the end of the jo to change direction, and this often causes some difficulty until people have become used to it.

The group of people who came to the workshop from Guildford, Reading, Oxford, Bristol and London were spilt more or less evenly into people who had some experience with a jo and complete beginners. David Franklin led a wonderful jo-taiso (warming up with a jo), introducing some new ways of stretching that were already allowing us to become familiar with the different qualities of the jo.

Minagawa sensei then showed us how to stand in seiritsu tai, leaning forwards slightly and holding the jo against our chest. Then we moved

The jo workshop, photo by David Franklin



David Franklin	Mandy Powell	Terry Sickers	Jeff Chambers	Charles Burns	Michelle Snow
Geoff Fitch	Mohi Chowdhury	Ula Chambers	Natasha Burns	Masashi Minagawa	Befinds French

the jo to our right hand and held it in the middle, maintaining the ready position. From here we were ready to do any kihon form. We started with honte zuki (a pushing stab), stepping forward into fudo dachi. We practiced this many times, up and down, up and down. There was a sense of newness and effort whilst we “worked it out”, but soon a calm and concentration descended on the group as our breathing unified and our “ma” developed. This happened each time a new form was introduced but it took less and less time to reach that feeling of unity within the group.

Some of the forms we practiced included: Honte-uchi-zuki-kaeshi, the jo is held with both hands, the hand at the top of the jo leads the tsuki, whilst the other one slides back, after the tsuki as you stand into musubi dachi, you pull back with the front of the jo in a defensive movement. Taguri tsuki (a sliding stab) to the solar plexus or, from above to the head. Striking techniques: Dai jodan uchi-komi, jodan and chudan uchi-komi.

Soon we were able to combine these movements into various sequences, some of which formed part of the first jo kata (Taishi), which we practiced in the afternoon. At that point we split up into small groups with advanced practitioners “mentoring” newer members. This allowed for more individual attention to detail and help with finer points of technique. At the end of this section each group did a demonstration of Taishi kata. To finish Minagawa sensei introduced both a jo kumite (a jodan attack with the boh stepping into fudo dachi, countered with a jodan uchikomi defense using jo and an ushiro irimi step) & a kata.

I was very happy to see that the newer members, including people from my own group, were able to follow and join in all aspects of the jo keiko, including the kumite. Also, during the workshop, advanced members had a chance to demonstrate and teach jo techniques. Not only did everyone learn something new, but also, I feel that UK instructors were encouraged to introduce jo forms to newer students. All in all it was a very satisfying day. We had a shared lunch in the dojo and later, after the workshop had finished people came home for tea and biscuits. Charles sold equipment and we watched a Japanese bohjutsu video. We discussed our groups, recent gasshuku and future plans. There are several opportunities to continue with the study of both boh and jo in England. I will be continuing with the boh class on Wednesday evenings in the Brighton area (see p6) and Minagawa sensei will be teaching a boh class in Bath on Tuesdays, while Charles Burns runs an ad hoc boh class on Sunday mornings in Reading.

Ula Chambers

## Seeds, Sprouts and Seedlings

The seed of Shintaido was planted for me when I saw a small, simple poster advertising Shintaido. Something inside said YES, that’s for me! Our class was small and cosy with Masashi teaching and Jules organising. Well, things change and after a while Jules and others moved on, the venue was no longer available, the class was no more.

Last autumn the seed began to grow once more. We found another small local venue and with support and advice from Jamie, Charles and of course Masashi, we decided on a 3 week introduction to Bo. Finding the rent for the venue was a daunting prospect, so we decided to go for an up front commitment, offering a reduced class cost in return for full payment in advance.

The seed sprouted and we realised we needed more space so we’ve now moved to the University of Bath’s immense new Sports facility. Around 20 people come together each Tuesday evening. The sprout has become an established seedling. So it is that Shintaido grows, organically, with a lot of help from a lot of friends! (for class details in Bath see p 6)

Ruth Travenna

## Kangeiko 2005

### *Two views of our new year event*

A small group assembled in Oxford for the kangeiko on January 16th, having prepared with a shoko programme for the previous two weeks.

Though we met on a cold grey morning, Minagawa Sensei had us cutting through the dome of the sky - and sure enough, half an hour later we were doing eiko in glorious sunshine. The practice continued with discovering a larger and larger cut, then eiko kumite with an emphasis on continuing the cut through beyond the moment of crossing, in such a way as to welcome your partner into your space and thus make the next cut possible, even before you have turned. At the end of the keiko, a huge bumblebee flew up and did its own kumite with Charles' bokuto: was it another indicator of global warming, or maybe a more positive omen for the new year?

After lunch we were in the hall (the underfloor heating rather dispelling the notion that a kangeiko is all about suffering and shivering). At first we continued to explore the eiko kumite theme. Then on to a more formal study of the kenjutsu programme, focussing on numbers 5 and 8. In number 5 (jodan kiri harai cut, turn and jodan cut) we explored timing; making the first cut count, making the second cut effective whether it is behind the partner's back or on their wrists), and turning. Masashi showed us a more 'traditional' form of turning that involved protecting your inside shoulder with the bokuto while turning, and resulted in a more effective step and second cut. In number 8 we explored ma and timing, to achieve an incredibly close connection with the partner. (And we discovered why there is no number 10!)

Finally, ten minutes shoko. In my case, I was pointing my sword towards a glass window, the other side of which a junior chess competition was going on. The young participants' concentration was at least as good as mine - they barely glanced up at me, and took little interest if ever someone pointed out what we were doing.

It was disappointing that more people were not able to come, but never mind - it was a great start to the year!

Peter Furtado

### *The alternative kangeiko report!*

The sky was grey, the grass moist and the wind pretty cold for the 2005 British Shintaido Kangeiko, held at an expansive park just outside Oxford. The small and expectant group of four

participants began the warm up with bokutos in hand and then began the Keiko led by Minagawa sensei. The first section seemed simple enough... reach up to the sky for tenso, then slowly cut down to the horizon for shoko, then slowly back up again tenso, then down shoko, tenso, shoko, tenso, shoko over and over, concentrating on cutting deeper and deeper into the sky... my arms beginning to really ache but still cutting higher, deeper, further... and this one simple movement revealing layers of feeling.

Then it was as if that movement was expanded into eiko... up and down the pitch... tenso, shoko, tenso, shoko... on and on and on and our bokutos seemed to break up the clouds and reach into the hazy blue sky... cutting deeper and deeper. Getting very tired, but very open too. Then on to kumite work with much of the same feeling... cutting cutting cutting... bokuto feeling heavy but also very bright.

After the lunch break we went on to a small hall nearby with a heated floor and continued with the kumite work... in a more free way with three at a time cutting, sometimes becoming wakame (seaweed form) as our bokutos made contact with each other's bodies. Pam, Charles, and Peter formed a line and the two at either end went in towards the one in the middle. It looked like it was an exercise that really expands the intuition of the one in the middle, as the back is always facing one of the partners. The rest of the session is a bit of a haze for me as the effect of the morning's running and the afternoon's heated floor began to have an effect... I remember doing something like "move 5B" but now I'm not sure if it wasn't "6A" but it was great... jodan kiri harai, spin, make a "tent" with the bokuto, then jodan again. What a nice movement.

In the end the dreaded 1/2 hour shoko was only 10 minutes long, but that was quite long enough to be really hard, especially after being re-adjusted into a better form (like not drooping down). Even so it revealed the uncanny calm that comes over me when I do this challenging practice. I still can't understand how it could be possible to do it for an hour.

So I left Oxford tired and very pleased with the feeling I carried with me. Even now when I'm doing other Shintaido movements, or even when I'm concentrating on doing something challenging, like a long car drive, or long day's work, there's something of the tenso, shoko, tenso, shoko.

Thanks to Minagawa sensei and to the other participants for a great day together.

Jamie Hamilton

Photos of the Nailsworth outreach event, courtesy of Jamie & Carina Hamilton



## BS Outreach Events

*As well as the daienshu our plan for 2005 is to organise a series of outreach events around the country, to stimulate interest in Shintaido, and to help the work of local instructors. The first such event took place in Nailsworth last autumn, here are some photos of it! It was well attended, and allowed many people to experience a little “window” into the world of Shintaido, if only for a day.*

*Do try and attend as many of the outreach events as you can, they promise to be interesting events, taught by local instructors, and will give you a flavour of the different groups around the country. See the 2005 schedule for dates & times.*

Charles Burns

SHINTAIDO BOHJUTSU

The Japanese art of  
the long staff

Six Wednesday evenings  
Feb 16th - March 23rd

7.00pm-8.30 pm

St Nicholas' Church Hall  
Saltdean Vale, Saltdean.  
(Opposite no. 27 bus stop)

£5 per class  
or £25 in advance

Contact Ula: 01273 390541  
<[ula.chambers@ntlworld.com](mailto:ula.chambers@ntlworld.com)>



Bath Bojutsu Club (BBC)

Meets every Tuesday evening during term time  
at the sports centre in Bath University. 7.30 - 9pm

5 week course : £30.00, 1 class £8.00, Students £3.00 per class  
Contact Ruth on 01225 313410 <[ruth.trevenna@btinternet.com](mailto:ruth.trevenna@btinternet.com)>

## A christmas in Sri Lanka

*Many of you will remember Sara Burns who practiced with us for a number of years in the 1990's. This is an open letter she sent back from Sri Lanka just before the new year.*

Dear family and friends,

First, if this is the first you know of us being OK, I am sorry if you have been worried. This is the first time we have had access to phone lines. A kind Swedish woman let me call Chris on his mobile the day it happened, but that has been it until now. We are in Kandy now, in the hill country, high above the sea and feel safe for the first time, although even more aware now of the scale of tragedy as we watch CNN pictures mirroring the scenes we watched, over so much of the world. So many people have lost people, their lives, everything. We didn't. We were very lucky. This is our experience.

We were in Unawatuna right in the south of Sri Lanka. Unawatuna is a wide bay and the village is little more than a strip of guest-houses, restaurants, shops and small hotels running each side of the coast road, one of the main roads in Sri Lanka. As we drove from Colombo to Unawatuna we went through one settlement, small town or village after the other, all right close to the sea, the road only about 30-50m from the sea. On the beach, Unawatuna itself was virtually invisible within palm trees. The beach was beautiful sand, and narrow, in places the waves would lap at the toes of people breakfasting on the beachfront cafes. Everything was built right on the sea and the sea provided everything; fish and income from tourism. We had three and a half glorious days in paradise. Jai (10) and Ella (8) couldn't believe being in a sea that was warm and spent literally hours in the waves. I even managed to take both snorkelling (with Ella sideways on a boogie board) and Jai and I spent hours snorkelling over coral, pointing fish out to each other. Martha had already been in town a week and had made friends and acquaintances.

When it happened, it was 9.30am on Boxing Day. We were all in our small hotel/guest-house "The Ocean Hill", across the road from the beach and raised a few crucial meters above sea level, maybe 4-5m. Unlike many, it was solid, brick and concrete, two stories high, and our rooms were on the second floor. There are so many "what ifs" they don't bear repeating, but as it was, we were all there. Jai, Ella and I were on the balcony at the front, overlooking the sea. The sky was clear blue. No wind. Hot. Preparing to go to the beach.

I was looking out at the sea when suddenly it covered the short space from the beach to the road and was on the road. I ran to call Martha and the four of us just stood and watched. One of the Sri Lankan men who worked in the hotel was with us and I kept asking what was happening and what should we do, but he just stood, shocked, shaking his head. It was so fast. As it reached the road I saw a group of children watch petrified for a split second and then pick up the ball they were playing with and run. I find it hard to imagine they reached safety.

With 3-4 massive belches the sea rose and reached the base of the hotel we stood in. The force was incredible. Several meters high, it lifted cars and crashed through the corrugated iron roofs below us, planks of wood and other stuff swirling, the water brown. People were screaming. It was not a wave as such. If it had been a high wave, I doubt I would be writing this. It was more as if the sea simply overspilt its boundaries, overflowed, spewed out, only with tremendous force and power. It rose at such a rate below us that it seemed only seconds until we too would be engulfed by it. I felt we were completely trapped, imagining it had reached the stairs down from where we were. I was terrified. It is the only time in my life that I have really thought we would die and I felt awful for Chris, taking Jai and Ella into such danger. Martha stayed calm, saying the sea would not reach where we were standing. Jai also stayed calm, more enthralled than scared, or so it appeared. Ella clung to me in tears. I was in tears. Looking back I can see that we were safe, but at the time all the disasters that have struck the (developing) world went through my mind, huge swathes of countries covered by water or mud.

After what seemed ages but must have been a minute or two at most, we noticed that the level of the sea had stopped rising - I could see from the house directly in front that it was stable at the level near the top of the windows. Miraculously, the French family staying there escaped with only scratches. They have four children. Then as suddenly as it came, the sea was sucked back in, again with tremendous force, as if being sucked in to fill a vacuum - which I now know was exactly what was happening. It went with such speed and power that it sucked huge amounts with it and we could see bits of houses in the muddy brown

water. I now know that it also sucked lots of people with it, but I did not see any people in the water.

Martha had gone downstairs and was helping the French family that had made it over to our hotel, coming up for plasters and dry clothes. She was calm, capable, effective. I was terrified and ran around looking what to do, Jai and Ella with me. I saw people leaving the back of the hotel and going up a path behind, so I took Jai and Ella and yelled to Martha and we followed. Martha got our passports and followed. She said we would be safer in the hotel as it was high. We did not even know there was a hill up behind Unawatuna, but actually a hill rose quite steeply directly behind the hotel, and we followed people up. People told us to go up to the temple and we followed, people pointing where to go. Part way up was a hotel run by an English couple. They asked if we wanted to go in, but it was not nearly high enough for me. I wanted to climb and climb until we could go up no further, and even then did not feel safe.

We had no idea of what had happened or why, and I assumed that what we had experienced was localised. I now realise that it was the hill that had stopped the water, but also probably made it deeper in that part of the coast than others. It flooded rooms on the second story of beach-front guest-houses, even though they were on stilts.

We got to the Buddhist temple and sat on the edge of it in the shade. It seems as if we sat like that for most of a day and half, certainly all that day. At first there were only a few other tourists there and most were Sri Lankans - mainly women and children. The level of fear, panic, distress, was high. People were wailing, crying, hugging, shouting at each other, or like us, just sitting. We did not feel safe.

There was a fabulous old Bodhi tree there, the first I have ever seen, and I had images of the mudslides that hit Central America, where people tied their children to trees as they were the highest things, and they hoped that way they would survive. I could well imagine doing that. After a while, Martha went back down for water and a few things from the hotel. It was women and children up at the temple, men going up and down, bringing injured people and water. For a few hours there was a dead body lying, wrapped, a couple of meters away from us. They tried not to allow Martha down, but she went. She seemed unable to just sit there. I seemed unable to move.

People were already talking about aftershocks and a tidal wave on its way. Although we were well above the predicted 15-20 m high wave, I felt unsafe. Two or three times waves of panic went through us and we rushed higher up the hill - first to an upper level of the same temple,

then farther to another temple, though gradually came down a bit. I can now see, in hindsight, that we were personally safe all along, but I never felt it. I felt very responsible for Jai and Ella and for needing to hold and save them should we be hit.

Gradually, news came through. There had been a massive earthquake and the shock had reached Sri Lanka. By the evening we heard that there were 150 bodies found in Unawatuna and an estimated 5,000 dead in Sri Lanka alone, maybe 100,000 world-wide. The toll kept rising. All day we heard the tales of people (tourists) who survived. The Swedish woman who lent me her phone later showed me where she had clung to the rafters of a house, the one in front demolished and crashing around her in the sea. I guess a couple of international mobile call costs seemed insignificant in comparison.

There were so many near escapes; coincidences that meant people were not yet on the beach (Martha among them) and also people clinging to heavy debris as the sea was sucked back in. We heard that many of the dead in Unawatuna were children, babies, and old people, those who could not hold on. People described seeing children swept past them and being unable to catch them or do anything. Other children were hauled from the sea and saved. It is awful to imagine, your children swept away, any children swept away. But that is the thing about having been there and lived through it. It is so vivid and so easy to imagine. It is not some remote disaster with faceless people. In a way it is an immense privilege to have been a part of it, to experience and survive it and really know what those endless news reports are showing.

I must be quick now. It is so present I could go on. So many people, stories, losses. As the evening approached, Sri Lankan families on the hill opened their houses and we slept that night in a small, empty house on the hill, on a concrete floor. People brought rice and later we were given food parcels; packets of hot rice and curry carefully wrapped. I had wanted the children to broaden their experience and see the world, I did not imagine we would be refugees, if only for a short while.

I lay awake all night, Ella with her arms round my neck, and listened to the sea. We were a long way up, but I imagined the tidal wave expected in the early hours spewing on to the hillside and filling the small house. I plotted how to hold both children pinned in a corner of the room so the sea could not take them and wondered if Jai had the strength to hold on against the sea. The mind, my mind. Although around 3-4am the sea was very loud, crashing in again.

The next day it felt calmer, but we stayed high all morning. I ventured down alone to see the damage. Unawatuna had mainly collapsed and men wandered about, people salvaging under huge piles of rubble and planks of wood, boats and cars crashed into houses. You have seen similar scenes on TV I am sure. The road was opened by the end of that second day and we slept back at the hotel. We could not face another night on a floor, but I was awake, scared and listening to the sea virtually all night. At least the children slept.

The third day (yesterday) we were on one of two buses sent for us by the British High Commission. I felt awful leaving. After two days of just being there, waiting, it suddenly seemed too soon and abrupt to go. I needed to stay and be where it happened. Also, at the temple, it had felt that there was no separation between Sri Lankans and foreigners, many tourists lost their lives too, but as time wore on the gap widened and that was the ultimate; us in an air-conditioned coach being taken away, saying goodbye to people only just contemplating how to build again. The man with the Buddha-statue shop wandering around saying "My shop, my shop" and salvaging a few bits. I bought one as a lucky sign to start a new business. It was, literally, heartbreaking to leave.

We went inland to by-pass a collapsed bridge but then travelled back along the coast road with a knot of fear but also grateful to see what had happened. The west coast seemed more exposed than the south and there was no hill so the sea had travelled farther inland, destroying even more in places. In some there were ominously few people. It rained heavily and unseasonally.

So, we travelled slowly all day, were met by Embassy officials and offered mattresses and food in a conference centre in Colombo. We could not face that, nor to leave this country so abruptly, so took a taxi to Kandy where we had a hotel booked. We travelled 13 hours yesterday. Now, we are clean, fed, comfortable, shocked and upset. So much loss. Pictures of bodies bulldozed into mass graves, people searching bodies for their children. We were very, very lucky. I don't know what we will do now. We have been living in the moment and taking one decision at a time. We need to take stock and decide what to do.

With huge love and gratitude for life.

Sara Burns

## Letters Section



### *A family snapshot*

*This photo of Aoki sensei with his wife and two sons (Taro & Shin) was sent in by Geoffrey Fitch. It was taken from a coach window in Japan at the end of the Matsuri 2004 event last year!*

## Equipment Report

The recent wave of bojutsu classes around the country has meant we've had to source some bo! There are currently two kinds, a reasonably priced "everyday" bo, suitable for beginners and to have as general stock for bo classes, and the really amazing hand-made bo & jo available from France. The latter are individually made, so you need to specify the length and width (tradition has it that bo for women should be slenderer). They are made from very dense hard wood from a renewable source, and so are both heavier & stronger than the everyday version. Prices are in the region of €60, but do vary.

We don't have a source of Shintaido keiko-gi at present. We do have all the patterns and some materials needed to make them, so if anybody would like to try it I'd love to hear from you. An acceptable alternative is to use karate gi (Japanese style rather than European style if possible) which are available in a huge range of price & quality from various on-line shops (eg: [www.tmasuk.com](http://www.tmasuk.com)). You'll need to replace the labels with Shinatido ones, which are available free of charge from me! At present I'm not planning to re-stock karate gi as they take up too much space, and it's quite impossible to be competitive on price.

### Current equipment list

Items	Sizes available	RRP	BS Price
<i>Shintaido gi</i>			
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>

#### Wooden sticks, & cases

Bo (medium quality, machine made)		£20.00	<b>£18.00</b>
Bo (top quality, handmade in France)		.POA	
Bo case (patterned cloth)		£14.00	<b>£12.50</b>
Bokuto case (patterned cloth)		£11.50	<b>£10.00</b>
Polythene tubing (very cheap option/waterproof outer case)	25p per metre		

#### New BS Merchandise clothing

BS logo T-shirts (various colours)	<b>£12.95</b>
BS logo sweatshirts	<b>£19.95</b>
BS logo joggers (Black with white logo)	<b>£19.95</b>
BS logo hoodies	<b>£24.95</b>
BS white legionnaires cap	<b>£9.95</b>

#### Books, etc

Total Stick Fighting by Hiroyuki Aoki	<b>£16.50</b>
Shintaido, by Horoyuki Aoki	<b>£12.00</b>
Untying Knots, by Michael Thompson	<b>£12.00</b>
various Shintaido booklets	<b>£4.00</b>
Ito in a Waterfall Poster	<b>£6.50</b>
Matsuri 2004 Postcard Souvenir Postcards (set of 5)	<b>£4.00</b>
Envelope re-sealers (various designs)	<b>£2.00</b>

#### 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](mailto:charles@shintaido.co.uk)

## 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		<i>6 week beginners &amp; advanced courses</i>
<b>TUES</b>	Bristol	7.00 - 9.00pm	Malcolm X Centre
	Contact Belinda French		<i>Shintaido karate</i>
<b>NEW!</b>	Bath	7.30 - 9pm	University of Bath
	Contact Ruth Trevenna		<i>Bojutsu class, led by Masashi Minagawa</i>
<b>WEDS</b>	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 &amp; over)</i>
<b>THURS</b>	Bristol	10.30 - 11.30am	Almondsbury Sport & Leisure Centre
	Contact Masashi Minagawa		<i>Shintaido for people with learning disabilities</i>
<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>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 class taught by Helen &amp; Dave</i>
<b>SUN</b>	Reading	10.00 am - noon	Local Park (weather permitting)
	Contact Charles Burns		<i>Bojutsu session for young people (all welcome, free)</i>
<b>SAT or SUN</b>	Contact Masashi Minagawa		<i>Specialist classes by appointment.</i>
	<i>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

Masashi Minagawa 0117 957 0897  
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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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### Thames (Richmond)

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## Management Team

### Chairman

Peter Furtado 01865 456068  
<p.furtado@historytoday.com>

### Hon. Secretary

Manish Gandhi 020 8570 4170  
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### Treasurer

Charles Burns 0118 947 6637  
<charles@shintaido.co.uk>

### Membership Secretary

Helen Holt 01483 825459  
<holthelen@yahoo.co.uk>

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.

### Newsletter Editor

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### Equipment Manager (temporary)

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### Internet Manager

Daniel des Baux 020 8580 5455  
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### International Liason

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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**

The next edition will be after the daienshu,  
so copy deadline for the next issue is:

**Monday 27th June 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](http://www.roving-artist.com/shintaido)