

TAIMYO 36

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Gower 2005

Part of the early morning taimyo session led by Masashi on the beach at the Gower. The recent event there was characterised by beautiful calm mornings, which later turned to a steady cool wind all day long, blowing sand at all our feet!

Photo by Charles Burns

IN THIS ISSUE:

Management Team Report

2

Autscape 2005

3

Beyond Kyukajo

4

Aytumn Exams

6

Branch News

6

Equipment

8

Diary

9



British
Shintaido

MANAGEMENT TEAM REPORT

Next years daienshu and the ESC event.

For 2006 we have committed to two large events at Lee Valley Youth Hostel, the first is our own daienshu at the end of May, and the second is the ESC event at the end of October. It is several years since British Shintaido has been able to use Youth Hostels for this kind of event, and certainly the first time I have been involved, so it's a bit of a steep learning curve, the first part of which came about when I read the YHA contract... It seems we are committed to paying a 25% deposit to the YHA a full six months before each event, and then the 100% balance two months in advance! This means I need to send the YHA a large deposit cheque for the daienshu this December! Now in our relaxed Shintaido culture where people are quite used to deciding whether or not to attend such events at the last minute, this clearly poses a problem or two, as the amounts involved (especially for the larger ESC event) far exceed the current BS bank balance!

The solution would seem to be to build on our experience in organising this years daienshu, and ask those people who can to register far in advance, and give them the opportunity (with financial incentives) to pay by standing order over a period of several months. This both makes life easier for them, and will give BS the funds to ensure the events actually take place. So enclosed in this newsletter you will find an "early-bird" form for attendance at either or both of these events. If you plan on attending both events you can simply take out one standing order to cover them both.

Although I know this all seems like forward thinking gone mad, I would urge you all to give this serious consideration, and commit now to supporting British Shintaido in what promises to be an exciting year!

Lee Valley Event Rates

The rates for the two events are:

Daienshu	BS members	Non Members
Standard rate	£160	£180
Early-bird rate	£140	£160

ESC Event	Everybody
Standard rate	£120
Early-bird rate	£90
Extra Saturday night	£35

The extra night is for ETC members & event organisers only

As you can see, the discounts for early registration are considerable!

Standing order examples

I've left the form quite open so you can do your own maths & set up standing orders any way you like, over a full 12 months if you need it! However if possible we would prefer you to complete payment 2 months before the relevant event (as that's when we need to pay the YHA).

So a BS member attending just the daienshu might set a up 5 month standing order for £28 a month (total £140), or if attending both events perhaps a 10 month standing order for £23 a month (total £230).

If you need help filling in the form please do get in touch. There's no particular deadline for this scheme, but I'm hoping people will start their standing orders from around November, so that we can pay the first deposit in December.

Charles Burns

2006
KANGI EIKO

*Sunday 1st & Monday 2nd
January 2006*

Douai Abbey

With Masashi Minagawa

£38 inc rough accommodation
& some meals!

(£45 if booked after 1st December)

Open to all!

Bring a bokuto & sleeping bag!
Contact Charles Burns

AUTSCAPE 2005

“Creating Autistic Space” (continuing the Shintaido & Autism story).

Autscape was a unique event among conference events. It was billed as a conference run “by autistic people, for autistic people” at which all the organisers, speakers & delegates would be people affected by autism in some degree. It promised to turn the tables on all the other conferences on the subject of autism, which naturally tend to be organised by professionals involved in the care of those on the autistic spectrum.

At first sight one could be forgiven for thinking that the very idea would be impossible, given the enormous problems many autistic people face in coping with day to day living, let alone the work involved in collectively organising an event on this scale. What quickly became apparent, however, was a need to completely re-evaluate the popular view of autism, given how very gifted and determined many of the organisers were, and the way in which they worked together to use everybody’s strengths and get around their (many) weaknesses.

Given my own diagnosis with Asperger Syndrome (see SF News no. 28) I was invited to be a speaker at this conference, and to present a talk about the prospects of being self-employed while on the autistic spectrum (which is how I’ve been making my own living ever since I left art college in 1984). I happily accepted this invitation provided I could also use the conference to present a series of Shintaido workshops. The upshot of this was that I was asked to give two daytime Shintaido keikos, as well as 3 early morning (6.30 am!) taimyo based keikos, all on top of the self-employment talk!

The event took place at The Ammerdown Centre, a non-denominational retreat centre near Bath, from 26th - 29th July. Nicholas & Kazumi also attended the conference, Nicholas as an autistic delegate, and Kazumi to look after him. Kazumi also became very involved in helping the organisers of the event through various problems before the conference, most of which involved in spending many hours late into the night on various e-mail lists!

So on the first morning at 6.30 am I went out onto a rather damp dewy lawn, fully expecting just to do my own hitori-geiko for an hour or so. After a couple of minutes a young lady appeared to join me, and then somebody else, and after a few minutes more I had a small group of 5 people. This method of starting keiko actually set the pattern for the remainder of the event, quite

different from the rush of energy at a normal Shintaido event. I would simply start doing some Shintaido, and people gradually materialised around me! Most of this initial group returned to more taimyo on days 2 & 3 as well, and a couple of them attended the daytime keikos as well, so they must have gone home feeling like they’d had a mini-gassuku (I know I certainly did!)

Teaching the group was a rewarding experience, but also challenging. There were many problems, such as a young lady who complained on day 2 that I wasn’t following exactly the same routine as on day 1! This made her confused and disorientated. There was an older gentleman who attended every morning, yet his body was so stiff from lack of exercise he could barely open his legs enough to walk, and couldn’t really lift his arms very high. Getting any kind of feedback was really hard, given the various degree of communication problems which are common to all autistic people, yet I took the regular attendance to be a good sign, on the last early morning there were seven people!

The two daytime keikos were better attended (as many as ten on one day) although mostly by a different group of people. I introduced them to tenshingoso, and took them through various simple stepping exercises. I had been warned against introducing anything involving physical touch, since some people on the spectrum have a strong physical aversion to touch, however I did want to introduce the concept of kumite as a communication exercise. So on day two we did eiko-sei kumite (dai-jodan vs chudan kiri-komi). In this exercise we concentrated on the timing, the “giving & receiving of energy” rather than on the exact physical form of the movement (which was quite wildly out in some cases!). I did get positive feedback on this exercise, which was very popular.

During the conference I was fortunate to meet and have in-depth conversations with many people, some of whom were quite badly affected by autism (to the point where they normally avoid meeting new people altogether and almost never venture into public space) and others who seemed refreshingly normal. They were all very articulate & intelligent in some ways, and yet seemed curiously hampered in others. The overall theme of the conference was “creating autistic space”; in other words creating a space in which autistic people can feel confident in who they are, and able to express themselves in ways which are normally impossible for them. It was generally felt that the

conference more than achieved this, and far exceeded the aims of the organisers. I like to think that in some small way Shintaido contributed to that.

At the end of the conference people just disappeared the same way they came. There were no good-byes, no “sticky-ma”. I found myself quite bemused and wondering where everybody had got to! Some autistic people have an almost hobbit-like way of melting into the background, self-effacing almost to the point of invisibility. Perhaps that’s why they call it the “invisible disability”?

Charles Burns



Beyond

In the middle of a rather damp week in July Taz & I joined Ula (with her family) and Geoffrey in Blois, France for Ito & Masashi’s workshop “Beyond Kyukajo”. Kyukajo is the name for the kata of nine sword cuts with which we are all familiar (at least in part), so beyond kyukajo was aimed at taking us into the wider world of kenjutsu (sword) practice outside these nine standard cuts.

For Taz this was an opportunity to meet many of my old shintaido friends from around the world, and some new ones as well. It was a very





Kyukajo

technical practice, which focused on some very practical ways of using the Japanese sword! Although titled “Beyond Kyukajo” we did spend a lot of time re-evaluating kyukajo itself, before moving on to a more advanced practice called Jissen Kunitachi. We hope to have a more detailed report about Jissen Kunitachi in a future edition, but in the meantime these photos should give some idea of the the flavour of the event!

Charles Burns



All photos courtesy of Ula Chambers

Autumn Exams

Thames Shintaido will be hosting the karate and autumn exam event later this month (15 - 16 October). On offer for the first time will be the new pre-assistant level Shintaido exams. This will give those who may have been practising Shintaido for some time, but who have never taken an exam of any sort, the opportunity to take a fairly simple evaluation-style exam and benefit from the individual feedback it will generate. Grades will be awarded on the scale beginner / intermediate / advanced as appropriate.

This kind of Shintaido exam system has been in operation in Japan & America for some time, but has only recently been introduced into Europe by the new ESC (European Shintaido College). Anybody interested in taking such an exam should contact their instructor to find out exactly what the syllabus consists of.

A WEEKEND COURSE IN

SHINTAIDO KARATE

SAT 15TH & SUN 16TH OCTOBER 2005

10AM - 4.30PM

(+ AN EVENING GATHERING!)

THE OLD DEER PARK, RICHMOND

COST £40 FOR THE WEEKEND

£35 FOR BS MEMBERS

(DISCOUNTS AVAILABLE FOR UNWAGED)

BY MASASHI MINAGAWA (5TH DAN)

& GEOFFREY FITCH (2ND DAN)

SUITABLE FOR ALL.

CONTACT GEOFFREY FITCH

BRANCH NEWS

Caversham Festival

On the morning of Saturday 10th September the residents of Caversham were treated to the sight of Peter, Matt, Taz & myself doing a Shintaido display at a local festival. Generally felt to be a great success, although there hasn't been much in the way of response...

We all met beforehand, bo in hand, on our usual site at Hemdean Hill for rehearsal. We came up with a great 20 minute display which I would recommend to anybody planning something similar.

It was:

1. A 2 to 3 minute warm up with various opening & stretching, including sanpo-uke and sui-hei uchi (with bo, obviously)
2. We then did tenso & shoko with the bo, all pointing to the centre (bo nearly touching, as there were only 4 of us).
3. Some bo kata. We did hi no kata + kaze no kata, but it could be anything.
4. Taz & I did shinjo-sho, while Peter & Matt went and handed out some leaflets.
5. We all did neriai with each other, in various arrangements. Surprisingly this was the

part of the demonstration which got most applause!

6. We finished the demonstration with taimyo pt 1.

Amazing what you can pack into 20 minutes!

During the demonstration the organiser would occasionally read bits out of the Shintaido leaflet over the loudspeakers, which was slightly disconcerting. So a point to note for the future is to prepare a text introducing each movement, just in case this kind of loudspeaker facility is available!

Another interesting thing about the event we all felt was how good it felt to be walking around the festival before our allotted time dressed in keiko-gi! It completely changed the way people related to us, and marked us out as people here to "do something". If you need an interesting way to spend a Saturday afternoon I would recommend this. Next time such a festival takes place in your neighbourhood, ring around your Shintaido friends to see who will join you!

Charles Burns

Reading outreach event

The Reading outreach event took place on August 14th at Elstree School, Woolhampton, in a large well equipped indoor dojo just a stone's throw away from Douai Abbey, the venue for the Daienshu a few months ago. I invited Masashi to oversee the event, mostly as I wanted members of my own group to meet him.

In retrospect I would have to describe the event as a mixed success. The event itself went very well, with a higher than expected attendance (not quite enough to be in profit). Geoffrey led a morning keiko & I led the afternoon. We have one attendee all the way from Southampton, who braved the Sunday train service to be with us. As this was her first Shintaido event we were all amazed!

In short the event was well attended & went very well, but in the following weeks my own group seems to have suffered a collapse, with most of my regular attendees failing to return! Could this be an unexpected side-effect of an outreach event, or just "summer holiday syndrome"?

Charles Burns

Internet News

The BS website has recently undergone a dramatic facelift. If you haven't already please do take a look at:

www.shintaido.co.uk

and feedback to the webmaster with your comments!

London Karate Club

BS member Mohi Chowdbury runs a Shotokai Karate Club in North London, and would welcome visits from any curious BS members. He would like to foster an exchange of ideas between the Shintaido & Shotokai worlds, which historically share deep roots.

His Club is also hosting a weekend gassuku in Cornwall on 25th - 27th November. He would love to see some Shintaido people there and rates are extremely reasonable! For more information see his website (www.londonkarate.org.uk) or call Mohi on: 07974 029924

Bath Bojutsu Club

We'll be back on Tuesday 4th October at the Sports Training Village, University of Bath 4 weeks then 1 week break while Masashi is away teaching in Europe then 6 weeks from Nov 8th to Dec 13th. £25 for 4 weeks / students £4 per week Looking forward to seeing you there!

Ruth Trevenna

The Gower

The Nailsworth Shintaido group annual trip to the Gower Peninsula took place over the weekend 3rd - 4th September. The event consisted of an early morning taimyo session, and a variety of keiko on the beach, as well as some impromptu sessions in the campsite studying shinjo-sho. The daytime keiko's on the beach were characterised by a continuous wind, blowing sand in rivers across the beach, which left all with sandblasted feet!



Tenshingoso sei from seiza at the start of a very windy keiko on the Gower peninsula. Left to right: Masashi, Alex, Jo, Paul, Belinda, Katrina, Helen & Charles. Photo by Taz Burns.

Equipment

After searching more many months I've finally managed to find a supplier who makes cotton cord, similar to the yellow cord that comes on bo & bokuto cases from Japan. It's far better than the nylon cord which many people use, as it won't untie itself the way nylon does. It's known as "magic cord" because it's the same cord magicians use for rope cutting tricks (the one where they cut the rope & then magically restore it!) At the moment it's available in natural cotton only, but if anybody knows how to dye cotton please get in touch, we can cut some suitable lengths and dye them in many colours!

We also have a new stock of BS T-shirts, available in a wider variety of colours. With winter in mind there are also some more BS hoodies and a grey body-warmer, designed to kit over keiko-gi, a good idea if you are practising taimyo on a cold morning, or shoko with a bokuto.

For photos of all items see the equipment pages on the new Shintaido website:

www.shintaido.co.uk

Charles Burns



Magic cord

Current equipment list

Items

Shintaido gi

	Sizes available	RRP	BS Price
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

Bo & bokuto cases

Bo case (patterned cloth)		£18.00	£14.00
Bokuto case (patterned cloth)		£16.00	£12.00
Bokuto inner case (purple)		£6.00	£5.00
Magic cord (for tying cases), per 2 metre length		£2.00	£1.50
Polythene tubing (very cheap option/waterproof outer case)		25p per metre	

BS Merchandise clothing

BS logo T-shirts (various colours)	All	£12.95
BS logo sweatshirts		£19.95
BS logo body warmers		£24.95
BS logo hoodies		£24.95

Books, etc

Shintaido, by Hiroyuki Aoki	£12.00
Untying Knots, by Michael Thompson	£12.00
Various Shintaido of America 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)	£1.50



Item of the month!
 Metal badge: £2.50
 Limited tock, no plans to re-order.
 Don't miss out!

To place an order please phone, fax or e-mail a list of stuff to me, stating sizes etc, your BS membership no (if needed) and the delivery address. I'll pack it all up and post if 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 & ESC EVENTS SCHEDULE

2005

October 15th/16th	Outreach workshop	Thames (karate)	Geoffrey Fitch
October 29th - 31st	ESC 2005	Toulouse, France	French Shintaido
November 20th	AGM Event	Oxford	Peter Furtado

2006

January 1st & 2nd	Kangeiko	Douai Abbey	Charles Burns
April 1st & 2nd	BS Spring event	Brighton	Ula Chambers
May 26th - 29th	Daienshu	Lee Valley YHA	Charles Burns
October 29th - 31st	ESC 2006	Lee Valley YHA	Charles Burns

2007

May 26th - 28th	Daienshu (provisional)	Douai Abbey	Charles Burns
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BS WEEKLY DIARY

MON	Nailsworth	7.00 - 9.30pm	Horsley Village Hall
	Contact Jo & Paul Hofman		6 week beginners & advanced courses
TUES	Bath	7.30 - 9pm	University of Bath
	Contact Ruth Trevenna		Bojutsu class, led by Masashi Minagawa
WEDS	Thames	6.30 - 8pm	Hounslow Yoga Centre
	Contact Daniel des Baux		Genral Shintaido class
THURS	Bristol	10.30 - 11.30am	Almondsbury Sport & Leisure Centre
	Contact Masashi Minagawa		Shintaido for people with learning disabilities
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		Approx twice a month, please call for times
SAT or SUN	Guildford	No set time	Local Park (weather permitting)
	Contact Helen Holt		Irregular class taught by Helen & Dave
SUN	Reading	10.00 am - noon	Local Park (weather permitting)
	Contact Charles Burns		Bojutsu session for young people (all welcome, free)
SAT or SUN	Contact Masashi Minagawa		Specialist classes by appointment.
	Masashi gives private lessons and takes small groups at these times.		

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
<minagawa@btopenworld.com>
Ula Chambers 01273 390541
<ula.chambers@ntlworld.com>
Geoffrey Fitch 0181 891 4054
<c.fitch@shintaido.co.uk>

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

Branch Contacts

Bath

Ruth Trevenna 01225 313410
<ruth.trevenna@btinternet.com>

Brighton

Ula Chambers 01273 390541
<ula.chambers@ntlworld.com>

Bristol

Belinda French 0117 954 1753
<belindafrench@tiscali.co.uk>
Masashi Minagawa 0117 957 0897
<minagawa@btopenworld.com>

Emmer Green (Reading)

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

Guildford

David Gilbert 07801 355259
Helen Holt 01483 825459
<holthelen@yahoo.co.uk>

Nailsworth (Stroud)

Jo & Paul Hofman 01453 834774
<phofman@nildram.co.uk>

Oxford

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

Thames (Richmond)

Daniel des Baux 07979 544442
<dan@crunchbox.com>

Management Team

Chairman

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

Hon. Secretary

Manish Gandhi 020 8570 4170
<gandhim90@hotmail.com>

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

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

Equipment Manager (temporary)

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

Internet Manager

Daniel des Baux 020 8580 5455
<dan@crunchbox.com>

International Liason

Jamie Hamilton 01453 833882
<jamie_hamilton@onetel.net.uk>

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 kangeiko
so copy deadline for the next issue is:

Monday 23rd January 2006

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

Internet distribution

This magazine can be freely downloaded at:
www.shintaido.co.uk/newsletters.html