

TAIMYO 37

THE MAGAZINE FOR BRITISH SHINTAIDO

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Happy Birthday Aoki sensei!

Hiroyuki Aoki is the creator of Shintaido & the founder of the International Shintaido Movement. This edition is produced in the month of his 70th birthday, and with it British Shintaido sends him all our best wishes from the other side of the world!

Kangeiko 2006

The Locus of the Sword is itself a Sign

The kangeiko on New Year's Day was a wonderful way to start the year. Kazumi reminded me that in Japan they have a saying that whatever one does on New Year's day, one will do for the rest of the year (which is perhaps why all Japanese so religiously take a holiday on that day!) Well, we all spent that day doing Shintaido, and I for one would be quite happy to prove the saying true!



Although this was only our second event at Douai Abbey I felt a great sense of homecoming. The event was a wonderful mixture of experienced and new people together, and we very quickly became a family. Masashi's gorei was both simple and deep, and we travelled a long way into the year together.

Charles Burns

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Editor's note

This is the tenth anniversary edition of our Newsletter since I took over as editor at the AGM in the autumn of 1995 (producing my first edition in January 1996). At that time the old organisation SGB had just been reinvented as The Shintaido Foundation. 10 years (and a further change of name) later, I feel it is high time I passed this privilege onto another.

Producing the Newsletter has been fantastic! During the years when the demands of work and a young family often made it impossible for me to attend as many events as I would like, the newsletter kept me at the heart of the organisation. I would like to extend a heartfelt thanks to everybody for all the wonderful articles they have written (they really

are extraordinary) and the many positive comments I have regularly received after each edition.

Today my life is very different. Now that I am finally a "proper" Instructor I feel my energies are better used in fostering my own local classes, and in helping to organise and run BS events. Whoever the next editor will be (and I suspect they already know who they are, deep down, as I did 10 years ago) I would like to offer my congratulations for taking over what really is the cream of BS voluntary jobs!

So this is the last edition of Taimyo to come from Reading. I hope you enjoy reading it, as I've enjoyed making it. As usual this collection of writings is of a very high standard.

Charles Burns

AGM Report

Our AGM was held on Sunday 27 November 2005 at the ETNA Centre in Twickenham, and attended by Ula Chambers, Geoffrey Fitch, Peter Furtado, Daniel des Baux, Charles Burns, Jamie & Carina Hamilton, Helen Holt, Katrina Horne and Alex Hooper.

It was a lively meeting, with most of the discussion revolving around local branch events, as well as the plans for this years Daienshu.

Reports were presented from the Chairman, Treasurer (see enclosed 2005 accounts), Technical Committee, the ESC, as well as various reports about Membership, Equipment, the Newsletter and website, etc.

A request from Geoffrey Fitch to consider sending an invitation to Okada sensei for a future BS event was put forward to the meeting. Since we do not have Masashi available for our own Daienshu this year it was suggested this might be the ideal opportunity. The main objections raised were the cost, language/cultural problems, and also that Masashi wouldn't be around to help and advise us! BS is also committed to organising the ESC Forum this autumn, and organising two large events in one year would seem to stretch our limited resources. However, the daienshu, being held at the same venue as the ESC event, will serve as practice for the ESC organising team.

The alternatives would seem to be to either run a smaller (but less expensive) event using home talent (Geoffrey & Ula senseis), or to invite an English speaking guest instructor instead. After considering all the options, including a provisional breakdown of costs, the overwhelming

view of the meeting was that we should invite Okada sensei, and this is what we decided to do!

After this there followed a series of branch reports, and plans for a series of AI events around the country (see schedule). It was noted that there seems to be a renewal of branch activity around the country, and that BS ought to be looking at ways to support and encourage this. Rotating events around the country was seen as one way to do this.

At the end of the meeting we held an election of the new management team. Peter Furtado continues as chairman (as he is still part way through his first 5 year term in that role). Charles Burns asked to continue in his role as Hon. Treasurer, and was duly elected. Katrina Horne volunteered for the position of Hon. Secretary, and Alex Hooper volunteered for the role of Membership Secretary. They were both elected, and so these four people will go on to form the new Management team.

Regarding other positions, Helen Holt was appointed as Child Protection Officer, and Charles Burns agreed to continue as Equipment Manager and Website Editor. However, Charles did announce his retirement as Newsletter Editor, although no immediate replacement could be found from those present at the meeting.

*Charles Burns, with reference
to minutes by Carina Hamilton*

GREENHAM COMMON RE-VISITED

A kangeiko reminiscence

I was reading Ito's essay on Passive Resistance on his website this evening, and it prompted me to send in this photo to Taimyo.

During the Kangeiko at Douai Abbey at the beginning of January, a group of us decided to pay a short visit to Greenham Common. I had spent a lot of time there in the mid 1980's staying at the Women's Peace Camp, and been arrested quite a

entrance. It felt very strange to be able to drive through the gates; I was more used to sitting down in the road blockading them!

We drove into the base, and stopped at an open area very close to where the nuclear bunkers used to be. We did a very expansive eiko across the concrete, followed by a tenshingoso that moved me to tears. It was almost 20 years since I'd last been in that area, and this time I wasn't arrested for being there.

The last time I was there I was cornered by a drunken airman who pushed me to the ground and stood there yelling at me with his rifle pointing at my chest. The other women I'd broken in with came to my assistance, and stood in a circle around me and the airman and started singing peace songs. This had an amazing effect on the soldier; he stopped yelling, lowered his rifle and stood to one side. The singing and non-violence was something he couldn't handle and it totally disarmed him.

It was the memory of that which was so powerful, and I realised why I'd been so drawn to Shintaïdo. Just as the non-violent protest at the base was a new way of being for me, so Shintaïdo is what continues that in my life these days. It has truly been a "New Body Way" for me, learning how to be with myself and others without using anger and fear as my protection.

Helen Holt

*Eiko at Greenham Common,
photo by Helen Holt*



few times for breaking into the base (Greenham Common used to be a US Airforce base and was home to bunkers storing nuclear Cruise missiles. It became a centre for non-violent direct action by the women who came from all over the world to peacefully protest there).

So, when I realised we were only a few miles from Greenham, it became impossible to resist paying a visit to Greenham Retail Park (as what used to be the base is now called). After lunch, two carloads of us headed for Greenham and, having eventually managed to find our way around the superstores that had sprung up, to what used to be called Yellow Gate, the main

BATH BO CLUB

Local examinations

Tuesday 21st March 2006

7.30 - 10pm

Contact: Ruth Trevenna

SHINTAIDO WORKSHOPS IN BATH

Taught by doshu, Masashi Minagawa

Sunday 26th March

New Oriel Hall, Brookleaze Buildings
Lark Hall, BATH, BA1 6RA

10am - 1pm: Taimyo, open to all
2 - 5pm: AI Keiko, open to aspiring
assistants and above

To register contact Ruth Trevenna

A letter of introduction.

At the recent AGM, Katrina Horne was voted in as our new Hon. Secretary.



To all present and future Shintaido friends. May 2006 be a wonderful year for you all.

I am excited to join the BS management committee as secretary. I ask myself why I took this step. To be honest, having had access to regular Shintaido in Bristol, I took it for granted. I recently began to see the commitment that has been behind these regular classes and realised that I wanted to start taking steps in my life towards that commitment to Shintaido, both in Bristol and the UK.

I am an artist / educator / curator / researcher / facilitator with a background in healthcare. I have just completed the ILM (Institute of Leadership and Management) course, Management for Creative Professionals. The course has helped me hone my administration skills that I hope to practice more in BS.

My Shintaido practice started in 1996, so this year is my 10th year of practice. I had a break from weekly practice while living in Chicago from 2000 - 2004, but was lucky to get over to California on occasions, which included a Kangeiko, and a Taimyo retreat with Ito, Tomi and her daughter in the wonderful White Mountains.

These all helped keep my connection with Shintaido. I was also teaching video and performance and used a Shintaido warm-up at the beginning of each class. I was lucky to be invited to bring Shintaido to the MCA (Museum of Contemporary Art, Chicago).

This year BS have two fantastic events to host. My dream is for us all to have wonderful group and individual experiences of these events, as we welcome international teachers and participants to BS. For me Shintaido events are about community. They offer us all amazing opportunities to deepen our practice in and out of the dojo supporting these events. It should be a wonderful year, lets see.

Katrina Horne

YOUR TAIMYO

All members and friends of British Shintaido have been enjoying our newsletter Taimyo for over 10 years now, and all this time it has been the sole production of Charles Burns. He has solicited articles, written much of it himself, found the illustrations, laid it out, published it and posted it out, almost entirely without assistance. Now he feels, and quite rightly too, that it would be good for him, and good for British Shintaido, if someone else took on the responsibility and fun of producing it.

There will be a bit of a learning curve for whoever takes it on, but who in Shintaido has ever refused the challenge of a learning curve? And in the longer run it needn't be a daunting job: once you've done one issue, the rest becoming increasingly straightforward - though each time you need to engage your creative faculties to make it a bit different from last time.

Editing the newsletter gives you a great opportunity to get into the centre of things, to find out what's going on and to influence the way things happen. You'll certainly need access to a reasonable computer, and to have (or to be prepared to acquire) a reasonable facility with photo editing and page layout software. Either Charles or I would be happy to assist with the latter.

So why not make the next issue of this newsletter YOUR Taimyo? If you fancy it at all, please speak to Charles or me to find out what might be involved.

*Peter Furtado
Chairman - British Shintaido*

SOME THOUGHTS ON THE NATURE OF PRACTICE

....or Three Things that I love about Shintaido

Sometimes I look back and wonder what's led me to today. It was an A5 poster with a tiny 3 x 4 cm black and white image which called to me from far away and deep inside, and brought me to study with Masashi and explore the art and skill of Shintaido. In the image I saw a body shining in repose, silence singing at the core.

Now years have passed and I love the time which I spend in keiko (now there's a word which seems to cover many words in English and imbues the most ordinary of spaces with a special quality). When everyone comes together and focuses on the learning place, what is created is a coherence, an amplification of intent. When softness is sought after, the quality strength developed is resilient, enduring and peaceful.

So the first thing I love about Shintaido is the process of learning. It's a TRIPLE POSITIONING process; I learn by myself, with another, and together we share the focus of intent and integrity.

The CIRCLE.....

Moving around the wheel of the year, of the Sun, of the Moon and the stars, we come together to begin and end the experience of practice in the space of the circle

The CIRCLE is the second thing I love about Shintaido. Moving around the wheel of the year, of the Sun, of the Moon and the stars, we come together to begin and end the experience of practice in the space of the circle, that we bow to each other before and after. This is the place where we are equal... human beings with a lot in common, irrespective of how much Shintaido, money, health life experience. So we touch each other...

All this sounds great and yet I often get ready for a Tuesday evening Bo class with a certain Wayne-ish reluctance, and "Oh, do I have to, I'm really tired this evening?" I know I'm not alone: others have commented on how sticky the getting to class can be. Our urge to sloth is challenged by the commitment we make to ourselves, each time we enjoy the keiko, to keep going with the deepening of skill. It seems parts of myself argue it out and a certain determination steps in. I make a molehill out of a mountain and

get there anyway. Then I'm glad.

Now the third thing... and this is the PRACTICE OF PATIENCE. It's clear that going to a class on a regular basis is only part of the story. What we do with the movement of our bodies during the rest of the week is the territory for personal research and development. For me, the time which I spend in my own practice in the kitchen doing tsuki steps as I cook, or in the garden doing wakame with the wind, is the place where I have the space to explore the inner feeling which the pace of the class pushes me to integrate with others. And isn't this daily practice just as challenging to make conscious?

I often wake and realise that the last few days have been intense and hectic and there wasn't a whole lot of practice going on. It's like taking herbal medicine; I make it, I take it and then I forget as the body takes over and responds to the need at the time. I test my reserves and deal with the the hectic. When I slow down I pick up the pieces which I dropped in the whirl of work.

Exams have the potential to scare us. The adrenaline of performing is the same whether the stage is Glastonbury or Netball, still there's a moment where we test ourselves against the standards which our teachers have already moved beyond. It's easy to shy away from meeting the test and say, oh well next time I might. This is another aspect of adolescence, the shying away from failing and all its attendant baggage.

Writing down the bald details of an event that's yet to happen is like making clean strokes with the sword. The metal of mind is sharpened on the words which strive to convey information and something more, less definable, more of a feeling. As I write the names of our teachers, Masashi, Debbie, Charles, Belinda and, of course, Pam, there is an image which flutters through of cherry blossom and the softness of petals holding together to make strong the flowering. The event will come; we will put ourselves into the moment and do the best we can with what needs to be done to make it happen, and we'll all feel good that it's well done, with a happy blend of formality and free form which follows structure and spontaneity.

If there's one thing that makes me curious is noticing a pattern. The Fibonacci series (1, 1, 2, 3, 5, 8, 13, 21....) isn't necessarily obvious in its pattern at first glance, yet put them together with

a seeding sunflower head (where the living pattern is exemplified) along with the simple adage “One step forward, two steps backwards”, and suddenly there is a gut feeling of parallel realities which together simply make sense.

You may be wondering why I digress, dear Reader. Well I want to make the point that things can be different yet the same. Different in perception and yet the same in their underlying nature, or you might think of a view that you love and how as you move your feet through 360°, the field of your vision shifts. Years ago, when I was

working in live events I remember an image of me working. It's like the old Chinese spinning plates trick; each plate is spun on the cane until a whole forest of plates are happily spinning together. This is how a good crew works, like a well oiled machine which deftly catches all the wobbles and spins the spinning out, back in.

So in approaching the question of how we practice Shintaido it becomes clear that we can partake of it, like the layers of an onion.

Ruth Trevenna

BRANCH REPORTS

Bath

Bath Shintaido continues the BO class, now in its fifth term at the Netball Court in the Sports Village at the University of Bath. We will be holding BO examinations on the evening of Tuesday 21st March. Registration is due 1 week before on Tuesday 14th along with the examination fee of £15.00. Examiners will be Senseis Masashi Minagawa and Debbie Evans. Charles Burns will return as Master of Ceremonies.

All BS members are welcome to attend the event and take a bo exam up to 5 kyu.

Ruth Trevenna

Guildford

The Guildford group have continued to meet weekly throughout the winter on Friday mornings in a park in central Guildford under the tuition of David Gilbert. The group has grown in recent months, with up to five members coming along. We've braved snow, hail, wind, mud and surprisingly little rain! Over the last few months we've been focussing on learning to staying open to our partners during kumite, whether its a simple basic stepping towards our partner, kiri-komi, wakame or tenshingoso, we cannot listen to our partner unless we can stay open to them and their world.

Helen has also led occasional classes at the weekend, and in the next few weeks will be starting up a twice monthly class on a Saturday afternoon to which hopefully quite a few children will be coming along to as well as adults.

Helen Holt

Reading

I found a very small but nice space to practice at a local alternative therapy centre called The Crystal Dragon. I am currently running a trial series of Monday morning “Soft Shintaido” keikos. Monday morning is a great time for me, but obviously not for so many other people! I have one regular member so far, so the keikos have frequently been more like a private lesson. I would very much welcome support visits from any BS member able to attend on occasion. Last Sunday they held a “Psychic Fair” there, and I spent an interesting afternoon handing out leaflets and talking about Shintaido to all and sundry, which was itself an interesting and demanding kind of keiko!

The Sunday morning classes have continued throughout the winter with a series of bokuto classes, but have been sparsely attended.

Charles Burns



Group photo at the recent kangeiko, at Douai Abbey near Reading. Top row: Daniel, Charles, Geoffrey, Peter, Terry, Masashi, Andrew, Helen, Mandy & Sara. Bottom row: Alex, Taz, Julianna, Belinda, Kim, Katrina & Ula.

ESC FORUM 2005

Toulouse

At the end of October last year, together with Masashi Minagawa and Charles Burns, I attended the second annual gathering of the European Shintaido College in Toulouse. This event is open to all Shintaido practitioners who are Assistant level and above, and is structured very differently to our British Shintaido events.

When I agreed to go along, it felt like a wonderful opportunity to practice with some of Europe's most experienced people, but as the time drew closer, I got more and more apprehensive, realising I'd probably be the most inexperienced person there. In fact, for the first general keiko, I tried to make myself as inconspicuous as possible because I was so terrified I'd make an idiot of myself! What I really wanted to do was run away and hide, go home even, my fears were paralysing me, I felt I shouldn't be there!

After the keiko had finished, I went off into the woods on my own and cried and cried. I realised what was going on, that owing to things that happened in my childhood I had allowed myself to be completely disempowered and had lost all confidence in my ability. I was listening to my parents never-ending criticism of how I got everything wrong, which is why I had felt like a 5 year old surrounded by grown-ups who I feared were going to criticise me. After letting the pain of non acceptance as a child out, I felt OK to go back into the group and enjoy myself!!

And boy, did I have fun!! There were three 'general keikos' that were open to everyone, the rest of the time we could choose which of the workshops we could go along to. I went to one taught by Ito sensei; he's been developing a form of 'soft shintaido' that is suitable for the old and infirm, because as the body ages, it's not generally able to cope with the more vigourous type of practice that younger bodies are able to. He's been researching various forms of T'ai Chi, and found one in which the teachers are the longest lived, and had drawn elements of that into his Shintaido practice.

Gianni Rossi from Italy led a wonderful session exploring nagare kumite to its limits, and David Franklin (an American practitioner currently living in the Czech republic) did a wonderful session on sound very early one morning.

By the end of the event, I was very sad to be leaving, and so glad I'd stayed and faced my fears. The local group in Toulouse did a fantastic job in

organising it, and made everyone very welcome. Charles, Masashi and myself had a bit of time to explore Toulouse itself, it's a city steeped in history being in the heart of Cathar country, and full of fascinating shops and alleyways.

After the ESC event had finished, the three of us stayed on as Masashi was teaching a bo workshop for the local Toulouse group (see photos), and it was with great sadness that I left to fly home. It was good to be able to feel I did deserve to be there, that it wouldn't be the end of the world if I didn't get a movement exactly right. Many thanks to all my teachers over the years for their encouragement and support, especially David Gilbert, Masashi, Ula and Charles for having the faith in me that I could do it!!

This year the ESC meeting will be in the UK... looking forward to it! So, all you practitioners out there, keep practising, take the assistants exam at our daienshu, and then come along and have fun practising with some very experienced people!!

Helen Holt



Two photos of the Toulouse local event which Helen & Charles attended after the Fouum. (courtesy of Helen Holt)



At the ESC Forum event last year the technical committee were able to meet and finish the new long awaited European exam curricula. Here they are in full. They are also now available on the website if you need to refer to them in future.

EUROPEAN SHINTAIDO COLLEGE
SHINTAIDO EXAMINATION PROGRAM (KAIHO-KEI)
To be used in Europe from January 2006

Doshu (Master Instructor)	Shintaido Kenjutsu Program (Completion) Proposal to ITC : Substantial contribution to the development of International Shintaido Movement**
Dai-Shihan (General instructor)	Kumitachi : San-nin ichiretsu Kyu-kajo N°5 - N°9 Proposal to ITC : Contribution to continental group development and to international group organisation**
Sei-Shihan (Senior instructor)	Kumitachi : Kyu-kajo N°1 - N°5 Kumite : From receiving any attack to Meiso-kumite (Hikari-Wakame) Contribution to regional/national group development and to continental group organisation**
Sei-Shidoin (Instructor)	Shintaido Kenjutsu Kihon Kata N°5 - N°9 Taimyo Kumite : Receiving for Jodan uchite attack (Mae, Yoko, Ushiro, Sagari-irimi) and Tsuki attack (Tenshingos applications) Contribution to local group development and to regional/national group organisation**
Jun-shidoin (Graduate)	Shintaido Kenjutsu Kihon Kata N°1 - N°5 Eiko (dai) no kumite 1 vs 3. Kirioroshi no kumite (Mae, Yoko, Ushiro, Sagari-irimi) and Tenshingos applications Gorei to lead a group Toitsu-kihon movement Contribution to local group organisation**
Joshu (Assistant)	Shintaido jump : three options (1 standing, 2 Lower level without jump, 3 Jump) Eiko (dai) Toitsu-kihon (han-mi han-dachi zenshin) Eiko (dai) no kumite (Continually, beyond the limit) (1 vs 1) Gorei for Jumbi-taiso Sensei and group care* Interview on intentions
Koto-ka (Advanced)	Kaikyaku-zenshin (sho) Eiko (sei) no kumite (Daijodan vs Toitsu-kihon kirikomi & kiriharai) Eiko (dai) no kumite (just few times, full power) Hakama care
Chuto-ka (Intermediate)	Meiso-jump Tenshingos no kumite (seiza & dai (standing)) Wakame taiso (moving around) Toitsu-kihon kirikomi & kiriharai (musubi-dachi zenshin & fudo-dachi zenshin) Dojo care
Shoto-ka (Elementary)	Kaikyaku-zenshin (dai) Eiko (dai) Tenshingos (dai) Wakame taiso (from behind)
Nyumon-ka (Introductory)	Tachi jump (3 kinds of koshi) Tenshingos (sei) Wakame taiso (from in front) Dojo manners

EUROPEAN SHINTAIDO COLLEGE
BOJUTSU EXAMINATION PROGRAM
To be used in Europe from January 2006

Go Dan	Kata : Moses non kon or “Go down, Moses !” (Bo) Proposal to ITC : Substantial contribution to the development of Int’l Shintaido Movement*
Yon Dan	Kata : Hakuson (Bo) Kumibo : Soei-kumibo II (Free hand receiving for Bojutsu attack) Proposal to ITC : Contribution to continental group development and to Int’l group organisation*
San Dan	Kata : Matsukaze (Bo) Kumibo : Soei-kumibo (Bo vs Bo) Contribution to regional/national group development and to continental group organisation*
Ni Dan	Kata : Sakugawa (Bo) Kumibo : Renzoku-kumibo N°1-N°10 (Bo vs Jo) Contribution to local group development and to regional/national group organisation*
Sho Dan	Kata : Hojo (Jo) Kumibo : Shinjo (dai) - Nagare-ichimonji (Kayak) (1 person vs 3 persons) Kumite : Ten-shin-go-so (seiza) Eiko (dai) (1 person vs 3 persons) Gorei to lead a group Toitsu-kihon movement - Contribution to local group organisation*
1-2 kyu	Kata : Taishi (Jo) Kumibo : Shinjo (sho) Neriai (dai) (Jodan-uchikomi/Jodan-uchikomi & Chudan-tsuki/Kohan) Bo Kihon : Yudo-zuki (Taguri-morote-zuki, Zenshin-Kotai) 2 styles Jo Kihon : Honte-uchi, Gyakute-uchi, Kaeshi-zuki, Gyaku-zuki-honte-uchi Sensei and group-care* Gorei for Jumbi-taiso
3-4 kyu	Kata : Mizu no Kata Kumibo : Yon-hon-Kumibo (sei) to Yon-hon-Kumibo (dai) to Eiko (dai) Kumibo Kihon : Eiko (dai) with Bo Hakama care
5-6 kyu	Kata : Kaze no Kata Kumibo : Kihon Kumibo (1-4) Kihon : Eiko (sei) with Bo, Daijodan-uchi (fudo-dachi-zenshin), Kohan (fudo-dachi-kotai) Ryuhi (fudo-dachi-zenshin), Sanpo-uke 2 styles (kiba-dachi) Dojo care
7-8 kyu	Kata : Hi no Kata Kumibo : Catch-bo Kihon : Eiko (dai) with free hands, Ten-nage, Jodan-uchiharai (fudo-dachi-zenshin) Gedan-barai (fudo-dachi-kotai), Chudan-taguri-zuki (fudo-dachi-zenshin) Jodan-gyakute-uchi (fudo-dachi-zenshin)
9-10 kyu	Kihon : Mochikae, Juggler-bo, Suihei-uchi (kiba-dachi) with Kiai, Chudan-taguri-zuki (fudo-dachi) with Kiai, Jodan-uchikomi (fudo-dachi-zenshin) with Kiai, Morote-zuki (fudo-dachi-zenshin) with Kiai Dojo manners

* To be reported in a written document

** “Organisation” is meant as in regular group life (board/office or/and project management) and during special events.

According to the level, “development” is meant as actual teaching and leading of a group of related scale, practice development (in related TC or peer group), bringing practitioners up to two grades under the intended level and public witnessing of Shintaido.

Also to be reported in a (short) written document

LIFE BURN !

For the sake of tomorrow.

On the occasion of Aoki sensei's 70th birthday, here is translation of a piece written by him during Shintaido's formative years, in which he talks about his hopes and vision for the future of karate practice. It was originally translated by Carlos Griben and Egami Masatake, and was submitted here by Geoffrey Fitch.

I.

To express "something invisible" which exists as an always absolute truth, without being changed by the current of time, and without being invaded by the movement of the world, "the form" which should progress with the times, and should be reformed by the movement of society. This is the mission and fate which all the arts assume.

Not to create something new, not to exchange all that has been handed down from old times to create a neat system, but to feel (and receive) "something" which has been existing somewhere until this time, and which we hadn't noticed, and which must have existed from ancient times, but which we have never seen with our own eyes.

To express, with the forms or movement of our body, some kind of "perceived world", visiting us with time, satisfying the limited conditions peculiar to the martial arts.

What on earth is it, if not a real pursuit after human life and a search for living truth? This is the very pursuit after human life, and the very search for living truth. To wish this, and to try to do like this, is what we call *avant-garde art*.

To each young person who intends to tread the path of martial art in order to fulfil this severe and most blessed duty, I can't stop appealing from the bottom of my heart to be a real and live *avant-garde martial artist*.

What we must build from now on has to be a martial art, which has quite new technique, forms and expression, which have never existed until now, a shining martial art, without injuring the life of it. Therefore, strictly speaking, I think it must be an "embodiment of the hidden breath of the great cosmos", rather than a creation.

What do you think?

II.

After doing this, we will have to get over many more difficulties in order to open up an unknown field, and to create a much better form of karate.

The day may come when we much give up all that we have mastered with such trouble. None of

your friends will perhaps have anything to do with you. The traditions of the Club which brought us up (steps that the seniors have built up with so much trouble, in order that successors can easily go forward) will perhaps be of no use.

On the contrary, why can't we say that the day when we must fight against the tradition itself will come?

The formidable part of it is those fixed ideas, rooted in our hearts and minds, to which we continually look back (in the past).

For all that, keep right on!!

And study and study, and devise and devise, and go through much more practice!

Young men, tomorrow is yours, isn't it?

Who on earth will do, if you don't do?

The world of a heart of a man is bigger than an exercise hall and any organisation, perhaps it may be infinite.

If you only hold onto the traditional transmission, that is growing old every moment, without seeking in earnest the original point where the blood boils, the wishes of the seniors (who regretted that karate is incomplete) will not be fulfilled.

Then who will raise karate up? It will vanish into thin air, won't it?

III.

I wish that the future glorious karate-do, which will be born before long, will not be a part of the world, but will be as the universe, expanding endlessly. The world will be partly included in karate (although I don't know whether that name will be being used at the time or not....)

When karate grows that much it will will go beyond even the martial arts as an expression, and it will already be a matter of "existence". For now I want nothing more than to try and express with the body what I feel inwardly. That is to say, what is very difficult for us to express with our body.

Only to pursue the vibration and reverberation of the unknown world ahead.....

Hiroyuki Aoki

BS & ESC EVENTS SCHEDULE

2006

4th & 5th March	Sensei Care Workshop	Guildford	Helen Holt
Tues 21st March	Bath Bo Club local exams	Bath	Ruth Trevenna
Sun 26th March	General & AI workshops	Bath	Ruth Trevenna
Sun 23rd April	AI Workshop	Farnham	Jamie Hamilton
26th - 29th May	Daienshu	Lee Valley YHA	Peter Furtado
Sun 25th June	AI Workshop	Guildford	Helen Holt
Sun 24th Sept	AI Workshop	Bristol	Katrina Horne
29th - 31st October	ESC Forum 2006	Lee Valley YHA	Charles Burns

2007

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

MON	NEW! Reading	9.30 - 11am	The Crystal Dragon
	Contact Charles Burns		Soft Shintaido, suitable for all
	NEW! Farnham	6.15 - 7.45pm	Farnham Maltings
	Contact Jamie Hamilton		General Shintaido class, led by Charles Burns
	Nailsworth	7.00 - 9.30pm	Horsley Village Hall
	Contact Jo & Paul Hofman		6 week beginners & advanced courses
TUES	NEW! Nailsworth	1.30 - 3.30pm	Christchurch Hall
	Contact Nagako Cooper		Shintaido class, led by Masashi Minagawa
	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		General 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)
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

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

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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

Please send by e-mail to:
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The deadline for the next issue will shortly be announced by the new Newsletter editor (when appointed).