

Taimyo 38

The newsletter of British Shintaido September 2006



Photo: Mandy

EIKO DAI

.Lea Valley May 2006

Final keiko, we run and run. Heart sprouts, green, wet and wonderful!

Thank you, Charles!

During the past 10 years Taimyo has been produced and edited by Charles Burns and I, for one, have always looked forward to receiving the next edition. May I move towards your excellence! So as I begin at the beginning, and you're sitting comfortably....

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Photo : Charles Burns

Okada sensei

Daienshu 2006

Peter Furtado reports.

Master Instructor Okada Sensei, for many years the head instructor of Japanese Shintaido, had only ever previously visited Britain for international events, never attending a national *gasshuku* here before. He had, though, told us he would be happy to be invited, and at the AGM last November we voted to make it for June 2006, just seven months away. For the organisers the prospect seemed a little daunting – the price had to be a lot higher than our members were used to paying; we were using an untried site at the Lee Valley YHA where we had to pay for the beds we needed by March; we would need to communicate with Okada Sensei through a translator; and – last but by no means least – Minagawa Sensei would be unable to attend, as he was scheduled to lead the French *daienshu* the same weekend.



Photo Charles Burns

In the event, though, we had the largest attendance for some time, with strong advance bookings giving the organisers welcome confidence. A French group came from Nice, and Tokiko Fitch, who hadn't been to a *gasshuku* for many years, did the translation. The weather – cold and wet most of the spring – changed just a few days before; and Aoki Sensei sent a personal message to members of British Shintaido. Everything was set for a memorable *gasshuku*.

It was more than that. It was great. Okada Sensei led half the keiko himself, and contributed to all the others, assisting the instructors, explaining and demonstrating at length. He encouraged the younger members to challenge themselves, and inspired everyone, new and old, with his deep and enriching explanations and demonstrations of the basic forms, from *renzoku*, *eiko* and *ta-ching* to *tenshingoso*, *taiyo* and *shoko*. His insistence on doing nothing half-heartedly was both challenging and inspiring, and his own energy was remarkable.

On the Saturday evening, he introduced us to the delights of calligraphy Shintaido-style, teaching everyone to draw confident straight lines, then to paint single characters, as full of elemental meaning as our Shintaido kata. On Sunday we did exams, in which form was corrected and advice imparted in a manner that was both exacting and deeply loving.



Photo Mandy

The final keiko, in a lovely green glade behind the hostel, was huge, merging self, nature heaven and others into a great glowing whole that was transcendent in its power. Many people spoke afterwards of their remarkable experiences during it, and for me, in the final face-down shiatsu, I discovered a unique and revelatory opening of the hind-brain, followed by an imaginary eiko that took me deep down through the rich springtime grass into the deep rich of the soil below.

Okada sensei had met us, in British Shintaido, seen our weakness and found our talents, and took many of us to places we had never been before.

Our thanks to you Peter, for organising this very successful event.

Eiko Dai again - and again - and again...

Patrick Bouchaud writes about the experience and catches the moment.

... Coming back to the Dojo, Ito asked me what had happened. I explained that, as I went again for Eiko Dai - was for Kumite - at the moment when I reached Tenso it was like a massive shower of white falling down there over me. My knees weakened and I fell onto the grass, where I was feeling quite comfortable indeed. Upon which Ito exclaimed - to the group: "I told you not to go towards him; I knew he was all right; it happened to me many times; sometimes I even do that on purpose - then I make sure I am not practicing on a hard floor, but rather on the beach or grass, like today...".

Then the discussion moved on as Ito asked people for their feedback about the afternoon. So while listening my mind kept going through the recollection of what happened, taking me back to the Eiko Dai we had done just before that one, the last of a series of rather intensive runs: on that last one Ito provided individual support to each of us as we took turn. Waiting for my turn I could see each person opening wings and going higher, higher, higher, (Ito sometimes touched here and there to rectify the position) each of them stretching higher up... until suddenly Ito's voice went "GO!" and sometimes again: "GOOO" in a powerful Kiai that was reverberated by the buildings around...

So when it was my turn and I was going higher and higher I was half expecting either to be touched by Ito or to hear his Kiai : but instead of that suddenly it was like something had opened above me and (I cannot find other words) I took a grip on nothingness ; and I was running! No Kiai, neither from Ito nor from me, I was running to keep up with this strange feeling of being connected to the void. I ran like a rabbit, indeed, cutting through nothingness!!

So... Back to the dojo now, as my mind was recalling this experience, everybody taking their first sip of sake, I took my turn to provide feedback and started explaining

... in the end what we cut is the idea that there is something to cut: that there is something that separates us from what we truly are !

(falling forward, I realize now, in exactly the same way I had done Eiko Dai): "it is funny how our mind sometimes makes some kind of loops with itself ; I mean... We are given a form to practice, corresponding to the movement of cutting something (the sky) ; while in fact there is *nothing* to cut ! But we are good students, motivated and all that, so we do our best to put an image behind what we are taught, and therefore we imagine cutting something, trusting that soon we shall feel what it is ! Whereas in the end what we cut is the idea that there is something to cut : that there is something that separates us from what we truly are!".

These last words were received by the group with a deep attention. I was not very sure that what I had said made sense but and I was honoured by a smile from our Japanese visitor, who raised his cup to mine so we could celebrate. Now, with all that said, and the conclusion being that the practice of Eiko is about cutting the idea that there is something to cut, I would like to point out that : if this is not the way you feel, i.e. if you do not feel that there is something that separates you from who you truly are, then there surely is no point in doing Eiko.

*The Five Expressions of Heaven;*y Truth
An exploration of Tenshingoso with
Masashi Minagawa and Ula Chambers

SUN 8th OCTOBER 1.30-6.00pm
Lewes Leisure Centre, Mountfield Rd
Lewes BN7 2XG
£35 (£30 early bird by Sept 8th)
Contact Ula Chambers 01273 390541

Opening the Heart in Guildford

This weekend, organised by Helen Holt, was a fine way of celebrating the fullness of June!
Sal Worringham reports



Photos Helen Holt

Shoko

Neriai

We attended a wonderful weekend of Shintaido on 24th and 25th June focusing on Opening the Heart. It was organised by Helen Holt of the Guildford Shintaido group. Many of us had previously only practised a few classes with Helen, so it was all quite new!

The first morning session, led by Charles was wonderful. All of us felt an immense sense of space and openness when we had finished. *Tenshingoso* was explained in different stages and when we put it all together there was a profound feeling of oneness. That afternoon David Gilbert was instructing. He made the whole experience fun, yet there was a real depth to his teaching that really touched us all. We were allowed to be us, without any sense of judgement, truly inspirational. We all went home feeling exhausted! My body was tired, but my mind felt expanded, open and awake!!

On Sunday morning we all ached. Peter (who was instructing the session) told us, as we bunny-hopped across the grass, that it was our heads that told us we were tired and could not go on, but that our bodies could bounce for a long time.....forever it seemed!!!! We painted the sky and earth with our energy, creating rainbows of love around our world and us. and felt invincible. In the afternoon we worked with Charles again, this time with the Boh. This wooden stick, static and solid, suddenly became alive...an extension of ourselves – an extension of our love; not a weapon to extend an ego to show who was the toughest, but a connector between all that is and ourselves. We worked on learning to feel the Boh becoming an extension of ourselves, connecting and opening to love of self and each other a little more.

Most of us could barely walk on Monday, but it didn't matter! We all laughed with each other, knowing our aches and pains were because we had had a great and rewarding time.

We all want to thank Helen for her kindness, open heartedness and for wonderful food and hospitality.

A big thank you also to Masashi, a Grand Master, who not only oversaw all the teaching giving extra help and advice, but gave healing to our various scrapes and wounds, teaching us through kindness, dedication and, through example, bringing Shintaido into our hearts and bodies.

Thank you to our instructors for all your help and guidance.

Sal, Pen, John, Suze, Heather, Lizzie, Brett, Jake, Hanna and Ellie
The Guildford group!

*It was wonderful to practise Shintaido at an infant's school, truly the place of beginners mind.
Helen, you organised us unobtrusively, fed us deliciously and we'll all come back for more!*

Letter from OZ How does Shintaido want to grow? Michael de Campo asks us to consider now

I wonder if the International Shintaido Foundation (ISF) has a will to develop or is it regional groups, such as the European Shintaido College (ESC), are what will emerge worldwide? It makes more sense and would be more nurturing for members to have local regional gatherings. Nature works best within bio-regional contexts. So what/who is Australia's region? We tend to see ourselves as part of the Pacific rim, and I have relished my trips to Tokyo (9hrs) as well as San Francisco (14hrs), both in the northern hemisphere.

Shintaido here in Australia has been dormant for the past year or so, due to a range of reasons. One major reason is the rise of a Martial Art Industry (MAI) which has been setting industry standards for all/any type of martial art. Basically this means anyone (regardless of experience/rank) who teaches anyone else must be accredited with MAI, which means doing a range of certifications including coaching levels, senior first-aid, training & assessing groups plus having 2 types of insurances. To get the insurances you have to be accredited with the MAI. To get accreditation you have to comply with all their criteria (see web site <http://www.maia.com.au/pages/ourservices.html>).

Anyway, I have been working at getting all the necessary extra certifications since October 2004, and should meet their requirements by mid '06, then I can go for their accreditation! So until then very little *keiko* instruction is being offered. They have an arrangement in New South Wales (NSW) where I live, that if you do not have accreditation with MAI than you cannot hire any government owned halls, sporting venues or facilities. Also, I do agree with their ethics and standards, they are not too dissimilar to *keiko*!

It will cause many dangerous / thuggish type fighting arts to go underground, as they will probably not be able to meet the MAI standards, however it also means it will clean up many of the problems created by mis-directed fighting groups (cultures of bullying, manipulation, violence etc). I see it as a positive effort to give martial arts a better image, and pull/push many of them into the 21st century.

The MAI has convinced other countries to set up similar bodies, so don't be surprised if you start to hear about such a movement in your region in the next couple of years. It's happened here first because we are a small population, 20 million, so once done here successfully it will act as a basis for other countries, I imagine.

True, it is all motivated by the insurance underwriters, who are trying to minimise claims & thus allow them to make operational profits, in order to stay in the business of supplying insurance. So really it is in the best interests of everyone to try and eliminate injuries as much as is possible. It just doesn't help when sports become a dangerous event each time someone takes off. Everyone's insurance premiums go up! So insurance companies push legislation for more safety checks and more training of people which means regulations etc!!

Is it the same in Britain? When I was young, bringing up my children, everyone headed for parks and open spaces.... now most parks are empty. Parents don't feel that they are safe places for their children to play in! Now, in Australia, 50% of children are overweight, diabetic, ADD etc. not a bright future... there is a new market developing.... its called body movement!! I think, fellow Shintaidoists, we are well placed to take a lead here.

We received a DVD from Lee Seaman of *Matsuri* a few weeks ago, and I was particularly impressed by the Masters exams of Minagawa Sensei & Michael Thompson Sensei. I felt that I caught a glimpse of the future of Shintaido (in the west) in their demonstrations. Of course, Japan will build on its strengths and sword play, as per Okada Sensei's demonstration. I suppose we need to balance these directions with what is wanting to emerge from our own local soil. I think it is becoming a really interesting time now for Shintaido and feel that your European direction is emerging creatively and spontaneously, a long time in the making, but very worthwhile. All great things mature with age.

Cheers from Sunny...Hot... (*you wish you were here!*) ...Australia
Michael De-Campo

The Holy Spirit and the swing of the sword.

Ula Chambers delves into the Great Mystery, exploring the inner meaning of lifelong learning

I'm not sure if many of you know that this Shinatido year has a theme? It was chosen by head of the European Technical Committee, Masashi Minagawa as a focus for our studies.

"The locus of the swing of the sword is itself a sign"

It is a quotation from Aoki Sensei that can be found in the Shinatido textbook in the chapter about *Eiko*. I strongly recommend that you read it.

For many years I was never quite sure what a locus was, or what sort of a sign it was meant to be – and consigned it in my thinking into the box called "mystery" that may become apparent one day. I didn't give it much further thought until it became our theme for this year and also Okada sensei came to visit.

My own attraction to Shintaido, apart from the warmth and openness of the practitioners, was the excitement of discovering a spiritual path that could be expressed through the body. I have been brought up a Catholic, and spent my early years immersed in the practices and traditions of the Catholic Church. I am still a regular churchgoer and sing in the choir, so therefore I am familiar with the rich meaning of the rites, with prayer, and with expressing that prayer through song. However being able to physically reach towards the Almighty was something wonderful that I did not find anywhere else. *Tenso* amazes me - the very fact that *Tenso* even exists as an expression of our highest aspiration is incredible. What also encouraged me so much in those early days was that all my instructors, each and every one, was urging us all to reach for that aspiration, to aim high, to go beyond our limitations – You CAN reach heaven, do your best to try. Wow!

Now that I spend more time doing *hitori keiko* I sometimes lose sight of this aspiration. I can get disheartened and forget about reaching for heaven, or it seems too difficult. I can tell when this happens, as my *Tenso* feels really small and if I am doing *kumite*, the technique doesn't seem to work. It's easy then to blame my partner, or make excuses for myself. And it's really hard to find that beginners mind when I was thrilled discovering *Tenso*.

So I was overjoyed during the *Daienshu* with Okada sensei, to be reminded about the special place of the spirit in our practice. Two key phrases remain in my mind:

"The Holy Spirit does not discriminate".

Wow! What it meant for me was to remember that the Holy Spirit is accessible to anyone, and indeed exists in everyone and everything, Great nature is part of the Holy Spirit and we are part of that too - heaven, nature, human beings all connected as one. As a Shintaido practitioner I am able to express this through my body, and as an instructor I should strive to bring that knowledge to everyone.

"More, more and yet more!"

This felt like being launched down a roller coaster. Okada sensei was able to express "going beyond" with such joy and enjoyment in his *gorei* that I couldn't help but go further than I thought I could. During our last morning *keiko* led by Cyril Geoffrey, Okada sensei explained to us that we set limitations on ourselves with our minds much more than with our physical bodies, it is our fear that prevents us from reaching further, that makes us stop. We need to trust our bodies and trust nature and then we can achieve great things. During that last *keiko* at the *Daienshu* we ran and ran and ran and ran, and we cut and cut and cut. We pushed out till our arms felt like they would fall off. More and yet more.....as I ran around I could see as if

in a film...people's faces shining; people struggling but not giving up; people helping one another, people lost in the nature around them. And sincerity. I saw so much sincerity and love. Wow! That kept me going!

So back to the sword and the locus. Of course Shintaido would not be Shintaido if there were only *Tenso*. There is also *Shoko* – the human realm, pushing forward towards people and to an infinite horizon. Aspiring to be fully human, accepting and understanding our humanness, and the humanness of others. For me, it was generally easier to inhabit the “lofty” *Tenso* world than the more “difficult” human world. God is constant, unchanging dependable - humans are unexpected unpredictable and changeable. And yet when I embrace *Shoko* I can discover also the uniqueness of people. I can immerse myself in people's different and amazing characters. Pushing through, making the effort, reaching our partners centre – its worth it, it really is. When we are tired or afraid we should push through more and more, reach further. That is the way of entering deeply into the secret of our humanity.

One night I was out on my balcony facing the sea, *bokuto* in hand. It was a glorious moonlit night. The stars were out and the moon was reflected in the sea. I was amazed to find that when I did my *shoko* along the moonlight path in the sea, it felt just the same as the stars pulling me upward to infinity. Somehow *Shoko* and *Tenso* were merged. They became one and the same. I found if I could manage to push out throughout my *ageoroshi* (lifting upwards) or when I lowered my *bokuto*, that I could “carry” *Shoko* or *Tenso* as if on the tip of my *bokuto*.

So what I finally found out about the locus, the swing and the sign was this: *Tenso* and *Shoko* cannot exist independently of each other; they are joined together by the swing of the sword and throughout the swing of the sword. Each time we make a cut (whether with our open hands, *boh*, *bokuto* or *joh*) and push out fully, along the whole swing, then we can express the unification of Man and God at each point along that swing. The sign is that infinity exists all the way along the cut – humanity and divinity. The direction of the cut does not matter – *Dai jodan*, *Jodan*, *Chudan*, *Gedan* - all express this unification.

Now I understand why a sincere cut from a *kumite* partner can be so opening and cleansing, and why it's so important not to compromise when we do *kumite*. We had a reminder of it during Okada's demonstration of *Eiko kumite*. Afterwards he told us to do *Eiko kumite* so that at any time we will be happy to die. When we cut and are cut sincerely, the Almighty can enter in. We recognise the infinite in our partner and there is no longer any struggle.

I would like to thank Minagawa sensei for guiding me with this theme and Okada sensei for his wonderful insights. Wow! Ula Chambers



Photo Mandy /Charles Burns

Okada sensei encourages beginners mind

The Gower Gasshaku@Three Cliffs Bay...

Jo Hofman reports from the Green Camper Van on the glorious Gower in September.

It's always an adventure, the Gower camp in September- exposed to the elements. We've been doing it for 8 years now. This time it felt more of an adventure, exploring a new camp site at Three Cliffs Bay, with the rain pouring as we arrived! Oh well! It always works out in the end; people always come away reinvigorated and amazed at what a good time they've had. So just trust and all will be well! I must admit I felt very small, withdrawn and exhausted as we found the Shintaido corner of the camp site, but soon we were offering tea all round and a cozy shelter in the Green Camper van/kitchen HQ. It felt good to be with old friends and new faces. Masashi suggested we went down to the beach in our rain coats and ordinary clothes. It felt strange and fine! Why not!

On the beach it was blowing a sand storm. We stood on a huge, completely empty beach in a big circle and warmed up, gradually opening ourselves to the harsh but exhilarating environment about us. *Eiko* with the wind pushing us along. *Eiko* into the wind, struggling determinedly into the future.

By the end, we were up for more and ready for the next *keiko* regardless of the weather, in fact because of the weather. Some of us even dashed into the sea naked in the wind, sea and waves

The weekend went from strength to strength, even the sun came out for us. We studied *tenshingoso* applications. One hand connected to the earth, the other stretching out to the sky, sea and land. We fed our souls with the elements. We had a camp fire on the beach, damp wood no problem, a meditation around the fire and even a back massage in a circle. The weekend ended in hot sun shine and time to stretch out on the sand and relax. So come and join us next year on the first weekend of September.

Photo: Paul Hofman Masashi and company at Three Cliffs Bay September 2005



Photo: Paul hofman



Eiko with the wind pushing us along.

Eiko into the wind, struggling determinedly
into the future.



Photos Paul Hofman

A few comments from others.

Belinda: Wild and Wonderful. I will take all the joy and experiences back to Bristol and it will help sustain me through the year in the city

Masashi. Ten Beautiful sky. Beginnings cry, but finely opened.

Peter Yet another great *gasshaku*. Where better to be in a storm than on a beach in the Gower.

Ianto. Thanks, caught a glimpse of heaven (and earth)

OUT IN THE ELEMENTS ...

The Gower has inspired me to organize Sunday *keikos* every two months through the year on beaches, hill tops or in wild places. If anyone is interested ring me and I will give dates and locations nearer the time .

Contact Jo Hofman 01453 834774



Photos: Mandy / Charles Burns More *gasshaku* moments...

British Shintaido Technical Committee (BSTC)

Ula Chambers invites us to engage with change as the members of the BSTC, our Elders, develop their roles and refine their vision to forge the future of British Shintaido. !

BSTC members could be considered as 'elders' within the BS community, as they take a lead in the re-establishment of the national instructor's council. BSTC currently consists of three members:

- *Masashi Minagawa* Master Instructor, European Technical Committee (ETC) Chair, is responsible for research+development of Shintaido across Europe.
- *Cyril Geoffrey Fitch* Senior Instructor is British Shintaido Management Committee Liaison
- *Ula Chambers* Senior Instructor. British Shintaido Technical Committee Chair, is BS exam co-ordinator and ISF member.

Technical committee members recognise their supportive and leadership role both for the development of British Shintaido and in liaising with the wider Shintaido community (the ETC, International Shintaido Foundation Technical Committee (ISFTC) and the International Shintaido Foundation (ISF)).

These liaison roles exist to support the development of instructors, assistants and group leaders in the UK, keeping everyone aware of current research and development within the International Shintaido community, including curriculum developments and additions/changes to the teaching programme. Therefore, the technical committee members would like to invite BS instructors, assistants and group leaders to become members of a Council that will forge the future of Shintaido in the UK.

The purpose of the group is to mutually support one another in developing the Shintaido community, to commit to deepening our own practice and understanding of Shintaido helped and guided by instruction from TC members and other invited Instructors. The hope is that we will work together to create a lasting future for Shintaido in the UK. The inaugural meeting of this group will be during the European Shintaido Forum in October, after the AGM.

Competition!! We would like to choose a name for this group that reflects its purpose and would like to ask BS members for their suggestions for a potential name. All ideas for a name and why you think it would be suitable should be sent by email to Ula Chambers <ula.chambers@ntlworld.com> to arrive no later than **OCTOBER 20th 2006**. **The winning suggestion will receive a copy of a Shintaido publication of their choice!**

LOCAL NEWS

BATH AND BRISTOL BOJUTSU EXAM RESULTS Following another successful summer of *al fresco* Bo at Oldbury Court Park, Bristol, exams were held on 22nd August with Minagawa sensei examining 9 successful candidates Bo Classes at Bath University's Sports Training Village will begin again on Tuesday 3rd October for 10 weeks. Classes are taught by Masashi Minagawa. The next local Bo exams will be in March at the end of the Spring term. Geoff Fitch will be leading a day of Shintaido *karate* on Sunday September 24th. Although this is part of the Assistant Instructor (AI) programme, all levels are welcome! Please contact Katrina Horne for details.

BRIGHTON Ula Chambers is also teaching *al fresco* classes, in Hove at St Anne's Well Gardens. Please contact Ula for details of indoor winter classes. Also make a note in your diary for a special Sunday afternoon with Masashi and Ula exploring the foundations of *tenshingoso*.

NAILSWORTH With 3 ongoing classes, the Stroud area is growing Shintaido! On Monday evenings Jo and Paul Hofman are organising a 6 week advanced Bo study group leading to exams at Horsley Village Hall. Tuesday 18th September sees the return of afternoon Shintaido with Masashi Minagawa teaching a 2 hour class followed by a Kids Bo class (adults also welcome), both at the Christchurch Hall.

BS + ESC EVENTS SCHEDULE

2006

Sun 24th Sept	AI Workshop	Bristol	Katrina Horne
	Geoff Fitch, Senior Instructor, will teach Shintaido Karate		
Sun 8th Oct	Tenshingoso	Lewes	Ula Chambers
	Masashi Minagawa + Ula Chambers		
29th - 31st Oct	ESC Forum	Lea Valley YHA	Charles Burns
	Only a couple of places left ... act now!		
Sun 26th Nov	BS Exams and AGM	Please contact Charles Burns for details	
		<i>All BS members welcome !</i>	

2007

6th - 7th Jan	Kangeiko	Douai Abbey	Charles Burns
	with Masashi Minagawa		
26th - 28th May	Daienshu	Douai Abbey	Charles Burns
	with Masashi Minagawa + Hideki Oi (Head Instructor Japan)		

BS WEEKLY EVENTS

MON	Nailsworth	7.00-9.30 pm	Horsley Village Hall
	Contact Jo & Paul Hofman 6 week Advanced Bo Study group (preexam)		
TUES	Nailsworth	1.30-3.30 pm,	Christchurch Hall
	Contact Nagako Cooper Shintaido with Masashi Minagawa		
		3.45-5.00 pm	Christchurch Hall
	Contact PohEng San 01453 836425 Bojutsu for Kids with Masashi Minagawa		
	Bath	7.30-9.00 pm	STV, University of Bath
	Contact Ruth Trevenna Bojutsu class with Masashi Minagawa Oct-Dec		
WEDS	Farnham	6.15-7.45 pm,	Farnham Maltings
	Contact Jamie Hamilton General Shintaido led by Charles Burns		
	Thames	6.30-8.00 pm	Hounslow Yoga Centre
	Contact Daniel des Baux General Shintaido Class		
THUR	Bristol	10.30-1.30 pm	Almondsbury Sports + Leisure Centre
	Contact Masashi Minagawa Shintaido for people with learning disabilities		
	Brighton	6.30-8.00 pm	St Anne's Well Gardens, Hove
	Contact Ula Chambers Class moves inside in the winter ... call Ula		
FRI	Guildford	from 10.00am	Local Park, weather permitting
	Contact David Gilbert gilbodavid@yahoo.co.uk		
SAT	Thames	from 8.00 am !!!,	The Old Deer Park, Richmond
	Contact Dan des Baux Approx twice a month, call for times please		
SUN	Reading	10.00-noon	Baltimore Park, Caversham weather permitting
	Contact Charles Burns Bojutsu session for young people, all welcome		
SAT or SUN	Masashi Minagawa	Special Classes given, by appointment.	
	Masashi gives private lessons and takes small groups at these times.		
	Guildford	no set time	Local Park, weather permitting
	Contact Helen Holt Irregular classes led by Helen and Dave		

*** Please call to confirm before attending, as Shintaido classes and venues, like the weather, are subject to change!**

BRITISH SHINTAIDO ORGANISATION

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Membership Secretary
Alex Hooper 07792 691099
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The post of chairman is renewable every 5 years. Other members of the management team stand for re-election at the AGM each Autumn. Other officers are appointed by the management team as needed and may thus change at any time. Current positions are as follows

Web Designer
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Internet Manager
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International Liaison
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Equipment manager
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CPO
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NEWSLETTER SUBMISSIONS

Taimyo 39 : The time is Winter, the element Water, your contributions are eagerly awaited! + ESC reports

Please send by e-mail in WORD to:
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