

Taimyo 40

The British Shintaido Magazine

August 2007



Nic at the Daienshu, photo: Belinda French

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THE SHINTAIDO SCHEDULE

2007

Tues 28th Aug	BBC local exams <i>Organiser: Masashi Minagawa</i>	Bristol
1st - 2nd Sept	Gower camping event <i>Organiser: Paul Hofman</i>	The Gower
Sun 23rd Sept	Karate workshop <i>Organiser: Helen Holt</i>	Twickenham
Sun 14th Oct	BS Autum exam event <i>Organiser: Peter Furtado</i>	Oxford
Weds 17th Oct	Farnham local exams <i>Organiser: Charles Burns</i>	Farnham
2 - 4 Nov	ESC Forum <i>Organiser: Gianni Rossi</i>	Italy
1st - 2nd Dec	General workshop <i>Organiser: tbc</i>	Location tbc

2008

5 - 6 Jan	BS kangeiko & AGM <i>Organiser: tbc</i>	Douai Abbey
29th - 30th Mar	BS Spring exam session <i>Organiser: Jamie Hamilton</i>	Farnham
23rd - 25th May	Daienshu <i>Organiser: tbc</i>	Douai Abbey
2nd - 6th July	International Event	Italy

EDITOR'S NOTE

This edition of Taimyo has turned up rather later than planned. Apologies to all! This edition is something of a team effort, the material having been collected by Ruth, the layout by Charles, and the printing by Peter! I'm not sure if this is a way forward or not, in this case it was something of an emergency response as Ruth was sadly unable to do all the work involved for personal reasons.

I hope you like the new format, designed to reduce postage costs by not requiring a new 'large' stamp, and also save

a little paper in the process. Please let us know if you like it or hate it, it is still something of an experiment for now.

We will try to get another issue out before the end of the year, so do please send contributions to the usual address.

Charles Burns

Current abbreviations:

AIs - Assistants and Instructors
BS - British Shintaido (open to all)
BSC - British Shintaido College
BTC - British Technical Committee
ESC - European Shintaido College
ETC - European Technical Committee
ITC - International Technial Committee

AGM REPORT

The AGM took place, unusually for us, on the Sunday afternoon of the kangeiko held in the first weekend of January 2007 at Douai Abbey. Mainly this happened because 2006 was such a busy year for us that there was simply no way to schedule an AGM event at the end of the year, we simply ran out of energy! However, it seemed to be a very successful idea (at least for those who attended the kangeiko) and the plan is to repeat it this year, with the next AGM in January 2008, also after the kangeiko which will again be held at Douai Abbey.

Holding the AGM at the beginning, rather than the end, of the year seemed to give a very positive feeling to the meeting, and we quickly dealt with reports about what happened in 2006, and moved on to a very forward looking event planning the year ahead.

Reports were read from the Chairman (Peter), the Management Team (Katrina) and the Treasurer (Charles). This was followed by discussion about the website, Taimyo magazine, and our Child Protection Policy. There was also a report from the Technical Committee, which mainly focused on Ula's ideas for a 'British Shintaido College'. This was followed by branch reports and a discussion about this year's schedule, including the Daienshu (also to be held at Douai Abbey) to which Oi sensei (the current head of Japanese Shintaido) is to be invited.

Much of the meeting was then taken up with a long discussion about whether we should put forward a proposal to host the 2008 International Event in the UK. If this was to go ahead it would provide an opportunity for Aoki sensei to come the UK for the first time in many years. This was a passionate debate, but in the end it was decided not to make such a proposal. The main reason for this was the nature of the event itself, which it turned out would only be open to Instructors (or nidan) and above.

This is to be followed by an ESC Forum event, itself open to Assistants and above, but at which Aoki sensei would not necessarily be expected to teach. This would mean that a large part of the energies of the management team would be taken up in organising a huge event which would not have a direct input into expanding the BS membership, and so might actually limit, rather than encourage, the growth of Shintaido in the UK.

For many people at the meeting this was clearly a disappointment, but the hope is that we can support the event (which has since been confirmed as taking place in Italy) by offering our help and expertise to the Italian organisers. Much of this will be discussed at the ESC Forum (also in Italy) this autumn, to which we are sending a very large UK contingent!

After this discussion we moved onto the election of this year's Management Team. As the discussion about the International Events had taken so much time some people had to leave the meeting at this point, which was a shame. It was suggested that perhaps elections ought to take place earlier in the AGM next year!

This year's Management Team was confirmed as:

Chairman: Peter Furtado

Hon Secretary: Katrina Horne

Hon Treasurer: Charles Burns

Newletter Editor: Ruth Trevenna

Please feel free to contact any of them with any questions you might have about Shintaido events.

Charles Burns



Ula counting us out at the Daienshu, photo: Miles Bennett

SUMMING UP THE DAIENSHU

I find words difficult and that's what the Daienshu highlighted for me, around speech and sound and impact of voice. Oi's voice was very resounding and had a vibration that I could feel, and it helped me to move. I remember having that kind of voice when playing as a child in Yorkshire and slowly losing confidence with it when I moved to live in the south of England and the more my job became distant from people, towards policy and support rather than direct action.

The closeness that Oi encouraged also seems to go against the British distance and encouragement of independence. Since then I have had a lot to do with saving peoples lives; my neighbour had an allergic reaction to fish and she came banging on my door, I was able to get very close to her and step into her world and revive her, I squeezed her all over her arms and back and

legs searching out connection because she couldn't speak. After about 2 hours of massaging her while she vomitted and the paramedic did tests she began to come back to consciousness. I felt much bolder about entering her world.

Another neighbour also had a collapse and because of a high temperature turned a bit crazy and I was able to talk and joke with her until she could come back to reality and am in the process of encouraging the powers that be to let her home which she has clearly stated a preference for. I have noticed that there is much resistance for anyone to enter her world.

The statement 'enter your partner's world' is the one that sticks in my mind most of all and has been very useful and practical to me ever since. Also the slowing down of the karate receiving tsuki, and at least I have a sense now of slowing down and taking charge even if I can't do it yet. I think the difference will be in knowing it's possible to take more charge.

Belinda French

*"LOVE PAYS ATTENTION
TO DETAIL..."*

sensei-care at the Daienshu

A wise friend of mine always says "Love pays attention to detail" and this was something I really experienced working with Pam Minagawa who was heading up the sensei-care team at the Daienshu this year. Pam's caring and attention to detail are beyond measure and it really felt like a master-class in a type of love, which I suppose is what sensei-care is.

"Ma", the gasshuku theme, also was part of it; the sensei-carer should sit close, but not too close to the sensei at meal times

(diagonally opposite is probably best). Walking to the dojo, close but not too close alongside them. Food and drinks served from the left, not the right; and always walking on sensei's left. As for ironing hakamas, now there's a whole art in itself, one which I feel I have the basics of now but still very much a novice. Pam is definitely tenth dan at this!

I found the whole experience hard work but good fun, and much easier than it could have been thanks to Pam's caring organising, kind tuition, and sheer level of skill in this ancient aspect of keiko.

Andrew Stones



Minagawa & Oi sensei at the Daienshu, photo: Miles Bennett

ON SENSEI CARE

For the recent British Shintaido Daienshu I was asked to lead the Sensei Care Team. For those of you who have never had the honour of doing this job, I would like to share some of my thoughts. The team consisted of 4 people, Terry Bickers, Kim Chan, Andrew Stone and myself. I knew Terry from previous events, I had met Andrew briefly once before but had never met Kim.

Having studied the schedule I planned when the senseis would need drinks, what times they might need extra food, what time spaces were available to wash, dry and iron their keiko gi and hakamas, when they could relax, take a bath, talk together etc. I was then able to write up a list of things to take, including food to be bought.

I packed separate bags, one for washing and ironing equipment, one for after keiko drinks and things to take to the practice, one for food and one for dishes, cups, etc. By having different bags it meant we could act efficiently in a short space of time. It is necessary to always be ready for anything to happen and to be flexible and able to change plans. We were fortunate to have a room with a basic kitchen and a table. Opposite was a very comfortable sitting room which we were able to use for the senseis.

Before the event I asked the team to prepare flowers for the senseis' rooms and also to bring an alarm clock. By asking for this contribution it meant everyone was already preparing themselves for the role, even before we arrived. When we met together there was instant rapport and I knew we would become a strong team. I was the only person within the team who had done sensei care before. During my 15 years in Japan I was very honoured to be trusted with both Aoki sensei's and Egami sensei's keiko gi and hakama. Aoki sensei taught twice each week at the Honbu keiko and Egami sensei taught almost every day.

Before and during every gasshuku I prepared and cared for between 6 and 9 sets of keiko gi (including Minagawa sensei's). As you can imagine, all this becomes sensei care on a daily basis, a practice in timing, communication and planning, ie strong 'Ma'. My role at the recent event was to lead the team and pass on my experience.

I will talk about some of the points I tried to pass on to the team. I can't express strongly enough how willing they all were to learn and how they faithfully did as I asked. They were always available and ready to act. Whether it was ironing into the early hours of the morning or running across to another building to heat up a pot of soup at 11.30 at night, in the rain, someone was always there. Someone was always washing dishes, cleaning the area, taking care of the laundry etc. Nobody was left on their own at night. This made us a close team and I hope allowed us to give the senseis sufficient support.

By the end of the gasshuku I was able to stand back and watch my team manage the job by themselves. I was so proud to see them blossom, and hope they will continue to polish up their sensei care skills.

Some general points when doing sensei care

If possible, arrive before the senseis so you can prepare the rooms. If you arrive at the same time as the senseis (as was my case), the first thing to do is to get them quickly established in their rooms, with their luggage. A cup of tea, some biscuits, fruit, etc, the welcome pack and flowers on the table. Tell them they have time to relax and make sure they know what time the first event is. Tell them you will come to their room to collect them before that event. This means they can manage their own time, whether it is 20 minutes to prepare before keiko or 2 hours to meet people and spend time chatting and socialising. Usually they

will stay in their room at the beginning of the gasshuku in order to prepare for the first keiko. Once you have done this it is OK to leave them while you set up the sensei care room. Don't forget to ask the person organising the event where the keiko will take place and if it is a walkable distance.

Before each keiko we prepared a hot drink, (lemon, ginger and apple juice is very warming), small towels and flasks of hot and cold water, bottles of drinking water, sunscreen for outside keiko. This always went in the same bag and one of us was in charge of taking it to and from the keiko. We always met in the sensei care room and decided who would do each job and who would accompany each sensei. I made sure we all knew what was going to happen so we could co-ordinate smoothly and not be intrusive to the senseis. It is vital to plan two or three events ahead and be very organised. It is easy to lose the vital time slot and miss the chance to give them food or drinks etc.

You must have everything ready, including yourselves, so you can collect the senseis from their rooms at the time you have promised. If there is a change in the schedule, for example if keiko is to start 15 minutes later than planned, it is important to tell them. They are preparing to give gorei and will have calculated their time. Don't leave them in a state of not knowing what is happening.

Without crowding them, escort the senseis to the dojo. Lock their room doors for them and take the keys so they don't have to worry about losing them. If they need any equipment eg: bo, jo etc it is your job to make sure it is taken to the keiko and brought back safely. One person should walk with each sensei, other members of the team should keep a little distance. Try to walk to the left of the sensei as this is the supporting side. If you walk on their right you may take all their energy before they get to the dojo. Don't speak to them unnecessarily as this is not the time for chatting. They may well be deep in thought and conserving their energy for the gorei.

Look at their behavior and act accordingly.

Having delivered them to the dojo, place the keiko bag and their jackets, shoes and your own belongings together and enjoy the keiko.

As soon as the keiko is finished quickly prepare the hot towels for them to freshen up their hands and also pour the drinks. They will be exhausted having used all their energy for the gorei. They might want their jackets even if it is warm so bring them and ask if they need them. Sometimes they are too tired to think about such things. You have to think for them. Some sensei will take their hakama off at the dojo. If so, quickly fold it and put it in a 'furoshiki' to be washed and ironed later. Escort them back to their rooms, again walking on their left. They will usually be relaxed and chatting to people, so make a space. Feel free to join in the conversations but remember your job. Make sure the person escorting them back has the room key. If there is a bath available get it prepared, if not they will have a shower. When you deliver them to their room tell them how much time they have before the meal.

If there is a short break before the meal, a drink and some snacks in their rooms will be enough. However if there is a long gap (more than about 30 minutes) you will have to have considered a small meal. While they are in the bath or shower you can take their keiko gi, take away used cups, plates etc and refresh the room.

You always have to look for every little space and use it.

If the dojo is too far for them to walk (remembering they might be OK going to the dojo but might be too tired to walk back) or if the weather is not good, you will need to prepare cars. There should be a driver and one or two sensei care members for each sensei. No other people should be in the car except possibly the keiko leader, if the sensei so requests. The sensei should sit in the back seat with one of the sensei care team on their left, on the supporting side.

You should show the same respect as when walking beside them to keiko. This is not the time for casual chatting. Your job is to escort them from their rooms to the dojo in the optimal condition so they can put all their energy into the gorei. They will have spent a long time preparing for the keiko and used a lot of energy. Don't forget they might well have been preparing for the event for several months. When you deliver them to the dojo, everyone should be ready to start keiko.

After keiko, the hakamas and keiko gi will need washing and ironing. It is important to know how many sets each sensei has. Two sets allows you more time to get everything ready, but sometimes they will only have one set with them. In this case you may have to do a spot clean and then iron everything for the next keiko. You can wash and iron everything during the evening.

Collect them from their rooms at the pre-arranged time and escort them to the dining room. One person should be available to serve them during the meal. Make space for them to talk to people. Everyone wants a chance to talk with the senseis, whether it be about keiko, or just

catching up on news etc. This is a very important time for everyone to relax together. Sit in a place where you can see if the senseis need anything during the meal. If there is a meeting or discussion during the event carefully consider the layout of the room. Make sure you have a comfortable place for them to sit where they can see and be seen. Treat them as your personal guests.

Always look at the senseis to see their condition. Try to see if they are tired, hungry, cold etc. Try to foresee their needs and be prepared. The more comfortable you can make them the more energy they have to put into the gorei, and the more people will benefit from the keiko. It might seem like a lot of hard work but if you take on this role, you have a very close and unique relationship with the senseis. It really becomes one very long and very close kumite in 'ma'. Although you do not have a lot of time to socialise with other people you will have the chance to do a long and intense kumite with the other members on the sensei care team. The more you put into the job the more rewards you reap.

Pam Minagawa



The Daienshu 2007, photo: Miles Bennett

Standing, L-R: Mohi, Geoffrey, Ula, Ruth, Ianto, Viola, Dave, Helen, Terry, Pam, Andrew, Peter, Kim, Jamie, Daniel, Glynnis, Michelle, Belinda, Masahiro, & Lorna.

Seated, L-R: Katrina, Oi, Masashi, Charles, Nic, Louise, Susan, Beatrice, & Miles.



Ula leading karate movement at the Daienshu, photo: Miles Bennett

AUTSCAPE 2007

Autscape is an annual conference organised for and by autistic people which takes place each August. This year the third Autscape event took place in Radstock, Somerset, from 7th - 10th August, and for the third time I was invited to teach Shintaido there.

As well as early morning taimyo sessions (which were rather poorly attended) I also led 2 afternoon keikos of an hour each day. These had around 10 attendees each, many of whom were new to Shintaido, but some of whom were familiar to me from the 2005 & 2006 events. Some of these are beginning to feel like regular students, although I'm not sure that a once yearly practice really qualifies for that!

There are a huge range of abilities among the 50 - 60 people who attend Autscape each year, from people who really can hardly speak at all, and seem very disconnected from the world around them (and yet, given access to a computer, sometimes turn out to be quite intellectual and taking university degrees!) to others who would quite easily pass as 'normal' in the outside world. For almost all the autistic people I met 'normal' is not really a state they aspire to, but many of them do seem to share a need to find a way of reaching out to other people, of finding a way to make friends.

My approach in teaching Shintaido, therefore, has always been to emphasise the 'communication' aspects of the practice. Although many autistics have an aversion to touch I decided to be brave and make renki kumite the theme for this year's keiko. Nic & I demonstrated both a linking fingers version and also a 'palm to palm - not quite touching' version (in case anybody really couldn't abide to touch) but to my surprise everybody opted for the linked fingers version. We later moved onto the palm to palm version as the more advanced practice it undoubtedly is.

This practice was very successful, and I had some wonderful feedback after each keiko. In particular I remember a French lady with Asperger's syndrome, who works as an artist in Paris, reporting to me the deep level of communication she experienced with an almost entirely non-verbal elderly autistic man, who has been coming to these Shintaido sessions every year. The word she used was 'communion'. I was very moved by this feedback, especially as the man's movement is always so stiff and awkward that I had been doubting whether he was getting any benefit from the practice, and was wondering why he kept coming back!

Next year's Autscape will be in Yorkshire, which seems like a rather daunting prospect! I hope I'll be able to make the event...

Charles Burns

WELCOME ANNOUNCEMENT

David and Nagako have brought two beautiful boys into the world on 7th June 2007. Their English names are Christopher and Michael and Japanese names Jo and Yoshiya.

May their journey be filled with light and love.

For those of you who have not been lucky enough to meet David and Nagako Cooper. They are the passion and driving force behind the Lightwaves, Tuesday afternoons in Nailsworth.



Christopher & Michael, photo: Katrina Horne

SHINTAIDO GOWER GASSHUKU

THREE CLIFFS BAY, THE GOWER, SEPTEMBER 1-2, 2007

We'll be staying at the Nicholaston Farm campsite, same place as last year, a little quieter than Rhossili. There will be keikos over 2 days with Masashi Minagawa.

Saturday: 11:00 meet up by green VW Camper (plan to arrive before then to put up tents), 11:30 keiko 1, 13.00 Lunch, 16:00 keiko 2, evening food and fire on the beach, later; moon and sea, night meditation

Sunday: 07:00 sunrise (!) keiko3, 08:30 breakfast, 11:30 keiko 4, 13:00 lunch, 14.00 farewell for those needing to go, 15:00 optional extra (with Belinda French)

Contacts

Contact Jo or Paul Hofman

Paul's mobile is 07977 228973

or try 01453 834774.

E-mail phofman@nildram.co.uk

Please let us know if you'll be definitely coming or if you've changed your mind.

Costs

Keiko fee: £35 (£15 children]

Camping: Approx £12-15

Food: £10 (+ bring stuff to share)

Bring boh and bokuto and maybe a kite, swim things, torch, songs to sing and instruments for the time round the fire. Plate, bowl, mug, cutlery, etc.



BS WEEKLY DIARY

MONDAY	Nailsworth	7.00 - 9.30pm	Horsley Village Hall
	Contact Jo & Paul Hofman	6 week beginners & advanced courses	
TUESDAY	Nailsworth	1.30 - 3.30pm	Christchurch Hall
	Contact Nagako Cooper	Lightwaves class, led by Masashi Minagawa	
	Nailsworth	3.45 - 5.00pm	Christchurch Hall
	Contact Nagako Cooper	Bojutsu for kids with Masashi Minagawa	
	Bath	8.00 - 9.30pm	University of Bath
	Contact Ruth Trevenna	Bojutsu class, led by Masashi Minagawa	
WEDNESDAY	Farnham	7.00 - 8.30pm	Farnham Maltings
	Contact Jamie Hamilton	General class, led by Charles Burns	
	Thames	6.30 - 8.00pm	Hounslow Yoga Centre
	Contact Daniel des Baux	General class	
THURSDAY	Bristol	10.30 - 11.30am	Almondsbury Sport & Leisure Centre
	Contact Masashi Minagawa	Shintaido for those with learning disabilities	
	Brighton	6.30 - 8.00pm	Outside in summer, indoors in winter
	Contact Ula Chambers	General class	
FRIDAY	Guildford	From 10am approx.	Local Park (weather permitting)
	Contact Helen Holt		
SATURDAY	Thames	From 8am in the morning!	The Old Deer Park, Richmond
	Contact Daniel des Baux	Approx twice a month, please call for times	
SUNDAY	Reading	10.00 - 11.30am	Local Park (weather permitting)
	Contact Charles Burns	Irregular class & private sessions	
SAT or SUN	Contact Masashi Minagawa Specialist classes 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 class taught by Helen & Dave	

Shintaido classes and their venues do change on a regular basis, so it is wise to check first before attending an unfamiliar class. If the class is described as "irregular" please do check before turning up.

BRITISH SHINTAIDO CONTACTS

Technical Committee

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Daniel des Baux 07979 544442
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Chairman

Peter Furtado 01865 251234
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Hon. Secretary

Katrina Horne 0117 952 0717
<katrina@katrinahorne.org>

Hon. Treasurer

Charles Burns 0118 947 6808
<charles@shintaido.co.uk>

Newsletter Editor

Position vacant
<newsletter@shintaido.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.

Child Protection Officer

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

Equipment Manager

Charles Burns 0118 947 6808
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Internet Manager

Daniel des Baux 07979 544442
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Website Editor

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