



## Shintaido Kangeiko 2015 Douai Abbey

by Susan Lacroix



The theme of the kangeiko was **'bright body, strong heart'** or **'Tenshinken'**. For me the weekend really did make me feel brighter and gave me a new impetus for this year's practice.

After a shared lunch on the Saturday, we met in the White Cottages for the welcome and opening of the kangeiko.

Minagawa sensei read some lines from T S Eliot's Little Gidding:

*"For last year's words belong to last year's language and next year's words await another voice."*

He suggested that this was an in between time for us and asked each person what their wish was. Minagawa sensei explained that 'strong heart' meant compassion and fortitude, and that our practice could be like a light to others.

In the hall for the first keiko we opened with Tenshingoso walking: using first both arms, then with one arm. We linked up with a partner and shared our voice and common tenshingoso experience. We then moved to Eiko dai running with a partner, linking bodies, each one expressing themselves and the other. Gradually we expanded to three people together and then in groups, the joy and glory of Eiko filling the hall.

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Next we focussed on toitsu kihon, unification of body and mind. We practised dai jodan, jodan , chudan and gedan, this last in a figure of 8 style, moving continuously from one side to the other with no break in movement or concentration.

Then with bokutohs we practised the eight cut diamond form: walking to make each cut last across the whole dojo, in pairs with one person doing continuous Daijodan and the other the 8 cuts, changing partners. This was wonderful and enlivening, and we had to pay attention to ma and timing.

This idea was developed with one person using the 8 cuts versus two people doing continuous dai jodan. We finished by each group doing a demonstration

It was really wonderful to see the flow of movement, concentration and Ma between the people in each group.

By really opening in dai jodan and sending energy one could then truly be cut, while this enabled the partner to cut deeply, helping the receiver to open more. Learning how to receive is a very important part of kumite and is very active; one has to invite the cut. In the last movement, kiri oroshi (or Tenshinken with the sword) Minagawa sensei showed us how to let the bokutoh cut right to the level of the ground and not just to chudan level.

We also practised in pairs with the more experienced person doing the eight cuts while the less senior one followed closely behind, with the focus of both maintained by the bokutoh. This brought a new feeling into the kumite for me.

Later while supper was being prepared there was a discussion about focus, and the 'One Thing and the ten thousand things'. This is a quote from Miyamoto Musashi, who said that if one knows one thing one knows ten thousand things.

Speaking of shoko, Minagawa sensei said that it could be like a prayer, a candle or flame. One way of encouraging ourselves to practise it could be for everyone to agree a time and then do it wherever they happened to be in time and space. One could also set oneself a small amount of time, even five minutes, and keep to this weekly or more frequently.

After supper came many games, including a spectacular tsuki by Ula on Charlotte's chocolate Santa Claus, and as always we enjoyed Terry's guitar playing as he led us in singing many different songs. There was a very warm feeling, as in a family or community and we found it hard to stop! Finally, following a short sitting meditation we retired to our beds.





Early the next morning as we rose for Matins, we could see the moon like a golden disc rising up from the trees, a beautiful sight.

It was very cold, frosty and icy. After Matins people assembled outside the cottages for either shoko or Taimyo. I chose shoko, and as I attempted this, encouraged by my companions and the leadership of Charles sensei, I found something new, the bokutoh really resting in the koshi, and looking and sending energy far, while also being confronted by my lack of courage and my difficulty in maintaining attention and all such other familiar inner phenomena.

Feeling and hearing, for example the rustle of the clothing, of those behind doing Taimyo was very supportive too. They were led by Nagako sensei, moving slowly through each of the three parts unifying breathing and movement as the dawn grew brighter.

We enjoyed a delicious breakfast and proceeded to the field for keiko, though it was rather cold. So we began the warming up like a sort of scrum, moving to Tsuki practice in kiba dachi. Minagawa sensei then told us how tsuki has changed into the movement we are familiar with, coming forward with hand not in a fist but naturally opening, as a result of a 'mistake' of someone practising sometime. Such 'mistakes' have been transformative inshintaido. Proceeding to kihon we practised dai jodan and jodan and added stepping and bringing in an Eiko feeling. We then did a kumite of ten cuts of dai jodan as if holding a sword, and then jodan: the person doing Daijodan would step back when opening, trying to invite in, and receive. We were reminded to cut right down to the ground and not superficially but into the centre. We studied timing and the quality of cuts and creating tension between the partners by keeping concentration, stepping back and forward waiting to see who would cut first.

Finally we moved to tenshin ken, with bokutoh and incorporated all we had been doing. Two people eventually were both raising their bokutoh together and attacking, with one doing dai jodan and the other cutting underneath.

The ma and the attention to the other were the focus here.

After this we did shoko for five minutes. Minagawa sensei commenting that it would be difficult to achieve the same depth of attention and shoko as this at home by oneself.

With that ended a wonderful keiko and we returned to the cottages for another excellent meal. Gathered together in the dining room appreciating everyone's contribution to the event, we held the closing ceremony. Each person reflected on the keiko and which particular aspect of the event had meant the most to them. Many had been amazed that even though we had been together for a effectively a day, time had seemed to stretch with the intensity and depth of the practice. We had all enjoyed the warmth and friendship of each other's company, which has helped to deepen the practice and "get through the winter". Finally Minagawa sensei explained that the form of Tenshinken was traditionally practiced at the end of kyukajo, being a most advanced practice. The form contains within it all the other forms, and the technical committee of that time named it Tenshinken meaning Universal Truth. It is now the first movement of that practice, and he had wondered for a long time how to teach this to people young in keiko as well as more advanced students. He felt he had succeeded at this event. He reminded us that the sword is connected with daily life - Tenshinken looks simple, but is difficult. It is about letting go of unnecessary things, making a pure heart. The person who receives a Tenshinken cut will feel peaceful.

Everyone agreed that Matt had worked very hard and organised the event so smoothly that we could enjoy deep and meaningful practice time together, as well as each other's company and exchange news of our lives. We had the chance to reinvigorate our practice and give a renewed direction for this year.

Many thanks to Minagawa sensei for sharing his insights and teaching and his encouragement, as well as Ula sensei and the other senior members. I felt a sense of gratitude to everyone who attended and gave me the possibility of being at the kangeiko and left as if truly fed by the whole experience. ■





Photos courtesy of Charlotte Stace

## **Reflections on:** *More than just a meeting of a group, it is a community I feel part of!*

by Charlotte Stace

I had planned to come to the Kangeiko for many months as for me that time of year without it is very strange. This is especially so when I have had to move for work and miss my Shintaido and the friends and community so much (so visitors are always welcome to the many parks of Ipswich).

In the week before, one morning I woke up to a thick frost and defrosted my car, but when I came to drive it again it was beginning to freeze. At the end of my working day leaving the clinic around 5pm it was frozen again, so I realised it must be Kangeiko time! I cannot wait for my Shintaido gatherings that allow me to switch off completely from work and relax with a massage never going a miss!

It takes a lot for me to feel part of a group and relaxed around people in a social situation, but somehow Shintaido and the people related to it rarely seem to fail on this one. I am often nervous beforehand and the quiet one, but I so want to be part of it, around people to develop my skills and self confidence.

Every time we go to Douai Abbey, I long to practice in that big open field and hope to see the red kites fly. When it comes to an event that involves a night or more away, I wish for the live music and hopefully a guitar. (Maybe one day I will have some recorded memories to play).

So to the Kangeiko 2015 and our familiar home of The White Cottages at Douai Abbey. That little lounge where we all sit around chatting, drinking tea, having massages and/or listening to music. The kitchen where we all muck in to produce the meals of the day and the dining area where we eat, drink and chat.

I am going to forward track now to Saturday evening and how pleased I was to see Terry had brought his guitar. How I love to curl up in slippers and comfy clothes with friends and hear that instrument being played. During the evening came the 'will we or won't we head outside the next morning and the uncertainty of what will be! The Taimyo, Shoko and meditation options are presented forth, but our decisions may be somewhat lead by the elements of nature.

Lying in bed that night I longed and wished to be able to go outside the next day, but in the knowledge of the cold air and likely impending frost along with knowing how cold my fingers and toes get, part of me just wants to stay inside. Yet I wish to see that great expanse of sky and move on that open unrestricted field and hear the crunch of the frost as I step.





The morning dawns and I am snuggled warm in bed, though I know the mattress will make my back ache. In the distance I can hear happy voices and laughter. I peer out the window to see the frozen ground and the rising dawn. Part of me wishes just to stay snuggled up warm, while another is beckined by the outside, fresh morning air and open space, so I am drawn between the two.

As I write this article that I have been meaning to write for some weeks, some of you know have been through somewhat of a rough patch causing big debates, discussions and uncertainties about where my future lies in work and living. Some very special friends I have gained through Shintaido have held me though this and the Shintaido calender pictures brighten my thoughts, while Taimyo (that I have finally learnt) helps to calm my mind.

So returning to that cold Sunday morning in early January, where dressed in thermals we step outside to the open space behind our white cottage for Taimyo or Shoko. Then breakfast beckons along with hot tea. At no other time would I every get up this early!

As breakfast ends the outside dojo is inspected and we await to find where we will practice that morning. Part of me just wants this time to go on forever as I feel so comfy and cared for within this environment and group of people, unlike any other. We head outside to that wide, open space we know so well and as we step onto the grass it crunches beneath our feet with the frost. To begin with time seems to disappear and go far too fast. When stepping I automatically and unconsciously look down rather than far, somehow I am unable to look far. In my mind I am aware this time will end so soon and I will be separated from these people and this atmosphere. Observing and guiding our practice Charles notes my gaze and somehow guides me to look far and in turn with this and the support around me my mood and gaze lift.

Then times seems to slow dramatically as the morning moves on and we are joined by a growing number of footballers. As the cold begins to attack me and my functioning reduces, my finger tips hurt and I long to be in the warm. I am getting closer and closer to saying I am going indoors even though our keiko is far from over and this becomes the total focus of my mind. That is joined by the continuing want to look at my watch making time seem to go even slower. Somehow without me uttering a word Masashi notes my ever lowering energy, how cold I am, my need for heat from the inside out. He guides his sensei team to serve me tea from a flask that is reserved for sensei care. This privileged drink enables me to complete the keiko.

Now I am lost for words, but long for my next keiko....



## Shintaido 'Masters Class' workshop *November 2014*

by Terry Bickers

This was the third in a series of workshop's entitled 'Master's Class'. It was aimed at practitioners already familiar with basic Shintaido techniques who wished to deepen their understanding of Shintaido and its curriculum.

The day began with participants being offered the opportunity to share any information about their emotional or physical condition. To begin our practice we sat in a circle and there was a short, guided meditation and seated warm-up. The first topic of the day was a study of Yoki-tai expression during which Minagawa Sensei spoke about the importance of this soft and flexible element within Shintaido. He likened the development of the body and mind through our practice to that of forging a sword, which without some flexible material within it could be brittle and easily broken when used. Minagawa Sensei emphasised that the softness we aim to develop through practicing Yoki-tai and Musoken can also be very powerful. To illustrate the background of Yoki-tai and Musoken expression Minagawa Sensei related an entertaining story about its development during his time studying with Aoki Sensei in Japan.

Minagawa Sensei said that Aoki Sensei used to visit him at his house every day and on one particular occasion he was casually leaning on the beam over the front door of his house when Aoki arrived and proceeded to demonstrate a Yoki-tai cut which was both very light and powerful. Minagawa Sensei said that he was surprised by softness and effectiveness of the cut; he likened it to being 'floored' by a gust of wind.

After the mornings practice we took a break for lunch.

After lunch there was an opportunity for participants to present an aspect of Shintaido they had been studying in order to elicit feedback from Minagawa Sensei and the group. Charles Burns Sensei and Ula Chambers Sensei presented a notable demonstration of Kumi-tachi.

Following demonstrations and feedback there was a Kumite practice applying some of the techniques that were covered earlier in the day, this culminated with studying different ways of blocking a Tsuki attack.

One of the things I took away from this day that Minagawa Sensei highlighted was the idea of following the 'flow' in our practice, this could relate to many aspects of Shintaido including catching our partners timing or following the flow of energy in Eiko.

I have recently been meditating on the idea of following the 'flow' in daily life as a strategy to be more spontaneous and creative and break through certain self-limiting patterns. I first heard of the idea of 'flow' through listening to tapes of the populariser of Eastern philosophy and Zen, Alan Watts. I recollect him speaking about 'The Watercourse Way' in Taoism and how water always finds the path of least resistance. If you will excuse the pun Shintaido continues to help me stay in tune with my own energy and move with the flow in my daily life.

Reflecting on this workshop I feel that when Minagawa Sensei leads a Keiko or workshop it feels to me like its seamlessly flowing. Even if I arrive sleep deprived and grumpy I am soon uplifted by his Gorei and light touch.

Thanks to Nagako Cooper Sensei for assisting with some translation during the class. ■

## Shintaido Demonstration *Hawkwood Open Day*

by Nagako Cooper

Every year on the May Bank Holiday, Hawkwood College in Stroud holds Open Day, which is a family friendly event with lots of free workshops, maypole dancing, music and storytelling, etc. The college is set on top of the Cotswolds hills, overlooking the River Severn in the distance. It is an adult education centre offering courses and events across 4 key areas; Nature & Sustainability, Health & Wellbeing, Spirituality and the Arts.

I have attended the Open Day several times in the past. This year, the members from Lightwave Shintaido and Gentle Shintaido groups with much appreciated support from Pam and Minagawa sensei performed a Shintaido demonstration in the beautiful garden area next to the natural spring on a bright fresh morning.

We gathered early and introduced each other as this was the first time for the 2 different classes to meet. After the final run through, with Minagawa sensei's final words "Let's enjoy!"; we all shouted "Yes!"; - a good "kiai" to get us ready for the demonstration!

The demonstration was well attended and with some encouragement, 15 people joined the taster session afterwards. It was a good learning experience for all of us and lifted our spirits high to step forward on our Shintaido journey.

We have been invited back for "Seed Festival – Planting Big Ideas" held at Hawkwood on Sunday the 19th July, 2015. All welcome to join!!

[www.hawkwoodcollege.co.uk](http://www.hawkwoodcollege.co.uk)

[www.seedfestival.co.uk](http://www.seedfestival.co.uk)



## Ten-Shin-Go-So-Dai *A BS anthem by Peter Furtado*

Here are the words of a song taught to us at the kangeiko - to much amusement - by Peter Furtado

The oh-so-simple words:

ich - ni - san - shi - go, 23 times

followed by: ten - shin - go - so - dai, 23 times

To be sung to the tune of: "Knees Up, Mother Brown!"

Ich - ni - san - shi - go  
Ich - ni - san - shi - go  
Ich - ni - san - shi  
Go - ich - ni - san  
Shi - go - ich - ni - san

Shi - go - ich - ni - san  
Shi - go - ich - ni - san  
Shi - go - ich - ni  
San - shi - go - ich  
Ni - san - shi - go - ich

Ni - san - shi - go - ich  
Ni - san - shi - go - ich  
Ni - san - shi - go  
Ich - ni - san - shi  
Go - ich - ni - san - shi

Go - ich - ni - san - shi  
Go - ich - ni - san - shi  
Go - ich - ni - san  
Shi - go - ich - ni  
San - shi - go - ich - ni

San - shi - go - ich - ni  
San - shi - go - ich - ni  
San - shi - go - ich  
Ni - san - shi - go  
Ich - Ni - San - Shi - Go !

Ten - shin - go - so - dai  
Ten - shin - go - so - dai  
Ten - shin - go - so  
Dai - ten - shin - go  
So - dai - ten - shin - go

So - dai - ten - shin - go  
So - dai - ten - shin - go  
So - dai - ten - shin  
Go - so - dai - ten  
Shin - go - so - dai - ten

Shin - go - so - dai - ten  
Shin - go - so - dai - ten  
Shin - go - so - dai  
Ten - shin - go - so  
Dai - ten - shin - go - so

Dai - ten - shin - go - so  
Dai - ten - shin - go - so  
Dai - ten - shin - go  
So - dai - ten - shin  
Go - so - dai - ten - shin

Go - so - dai - ten - shin  
Go - so - dai - ten - shin  
Go - so - dai - ten  
Shin - go - so - dai  
Ten - Shin - Go - So - Dai !

AHHHHHHHHH!

# Welcome to the New! Shintaido Online album & discussion medium

by Charlotte Stace

An idea was born years ago for an online Shintaido photo gallery charting events and years of practice to allow memories to be shared and recalled. This would allow practice to be reflected on with visual feedback and memory jogging of movements. Along with allowing easy access with further permission to a wider selection of images for publications and merchandise and just looking back on previous events. There would be the facility to discuss online movements to help with development and learning. It seemed at an international event, this idea of a online album was going to develop and come to fruition, but time spanned and energies within the working group slowed. At the 2014 BS AGM the idea rose again and determination and time were on my side. Joined by Charles, discussions developed and research was reviewed as to where was reliable, safe, financially viable host that had suitable features.

So it was through much discussion and emailing along with some trial and error that Flickr was chosen as the best viable available option. Then many many many hours were spent by me uploading photos and personalising the British Shintaido account and developing to Shintaido Group to allow sharing and discussion of photos (as seen at the 2015 AGM).

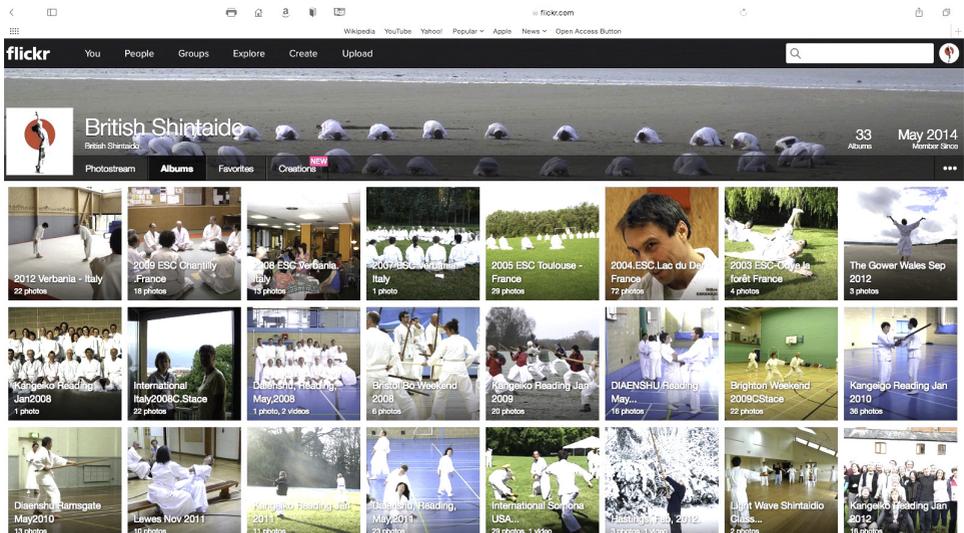
So now, I would like to welcome you & encourage you to freely join the new Shintaido Flickr group! To share Shintaido-related photos within the privacy of a closed group (feedback is welcomed).

If you already have a Flickr or Yahoo account, joining the group is easy:

1. Log into flickr.com.
2. Click on the 'Groups' tab and select 'Search groups'
3. Type 'Shintaido' in the text bar and click 'Search'.
4. Having located us ask to join the group.

Once your membership is approved you will be able to view the photos 500+ already there (which are easier view in albums in the archive (below) and share your own Shintaido-related photos.

If you don't have a Flickr or Yahoo account you will need to create one (you don't need to have this as an active email address with all your contacts added).



Here are some common-sense guidelines for use of the group:

1. Share your best Shintaido photos only: please don't just share every photo you took at an event
2. Don't post irrelevant stuff: Shintaido-related photos only please
3. It helps others if you label your photos with the year and location at least
4. Use caution if photos include children: make sure the parents are happy for you to share it
5. Do ask the photographer's permission before using a shared photo in your own publication

It is a closed group, meaning photos and related discussions can only be seen by group members. It is run by administrators who have power to block or remove members and photos in the unlikely event of somebody sharing inappropriate material. Flickr has it's own guidelines applying to groups, if you plan to share photos regularly it's a good idea to familiarise yourself with these.

The photos already there have all been uploaded from the BS archives. You can, if you wish, also "follow" BS on Flickr. To do this:

1. Click on the 'People' tab and select 'Find Friends'
2. Type 'British Shintaido' in the search bar at the bottom of the page and click 'Search'
3. Having located us click the 'Follow' tab
4. Then notify us you have done so and we can then follow you to enable you to see the photos.

We hope this resource will fill a need felt by many for a central point of contact where the entire Shintaido community can share photos of events both recent and long past.

Enjoy Charlotte and Charles.

The screenshot shows the Flickr group page for 'Shintaido'. The page header includes the Flickr logo, navigation tabs (You, People, Groups, Explore, Create, Upload), and a search bar. Below the header, the group name 'Shintaido' is displayed with a profile picture and statistics: 562 Photos, 7 Members, and a group photo from May 10, 2014. A welcome message from the administrator 'British Shintaido ADMIN' is visible, along with a 'Photo pool' section showing a grid of photos. The 'Discussions' section is also present, showing a recent post titled 'Welcome to the British Shintaido online album' by 'British Shintaido'. Below the discussions, there is a 'Top Contributors' table and a 'Group Description' section.

Name	Latest Photo	Photos	Topics	Joined Group
#1 British Shintaido	2012 Verona Italy36	550	1	9 months ago
#2 igalk	DSF0040 2014 06 22 LGAlacorek	4	0	17 days ago

# British Shintaido Daienshu 2015

## “Spirit of Optimism”



### **Keiko led by:**

**Ula Chambers and Charles Burns**

### **Supported by:**

**Minagawa Sensei**

Date: Friday 29th May - Sunday 31st May 2015

Venue: Douai Abbey, Berkshire

Cost: £230. Discounts available

Organiser: Jamie Hamilton 07979 311752 [jamie@yeshealth.net](mailto:jamie@yeshealth.net)



# British Shintaido Examination Report

## BS & Guest examiners:

Masashi Minagawa

Nagako Cooper

Local Examinations took place at Lightwave Shintaido in Eastington. Congratulations to all those who took part.

Here are the results.

### Shintaido

Craig Thorn

Chuto-ka

# Programme, Contacts & Classes

## 2015-2016 Programme

See [www.shintaido.co.uk](http://www.shintaido.co.uk) for further details

29-31 May 2015	Daienshu at Douai Abbey, near Reading Contact: Jamie Hamilton - <a href="mailto:jamie@yeshealth.net">jamie@yeshealth.net</a>
9 - 10 Jan 2016	BS Kangeiko, Douai Abbey near Reading Contact: Charles Burns - <a href="mailto:charles@shintaido.co.uk">charles@shintaido.co.uk</a>
30 Oct - 01 Nov 2016	ESC European Event, Verbania - Italy Contact: Pierre Quettier - <a href="mailto:pierre@quettier.net">pierre@quettier.net</a>

## Contacts

<b>Chairman</b>	Charles Burns	0118 9476808	<a href="mailto:charles@shintaido.co.uk">charles@shintaido.co.uk</a>
<b>Treasurer</b>	Peter Furtado	01865 251234	<a href="mailto:pfurtado1543@gmail.com">pfurtado1543@gmail.com</a>
<b>Co-ordinator</b>	Pam Minagawa	0117 9570897	<a href="mailto:pam@shintaido.co.uk">pam@shintaido.co.uk</a>
<b>BSC Chair</b>	Ula Chambers	01273 390541	<a href="mailto:ula@shintaido.com">ula@shintaido.com</a>
<b>BSC Co-ordinator</b>	Carina Hamilton	01252 728078	<a href="mailto:carina_jamie@onetel.com">carina_jamie@onetel.com</a>
<b>Newsletter</b>	Emi Argent	07906 506804	<a href="mailto:newsletter@shintaido.co.uk">newsletter@shintaido.co.uk</a>
<b>Merchandising</b>	Laurent Lacroix		
<b>Equipment</b>	Miles Bennett		<a href="mailto:bath.shintaido@gmail.com">bath.shintaido@gmail.com</a>
<b>Exam Co-ordinator</b>	Laurent Lacroix		
	Nagako Cooper	07906 586674	<a href="mailto:coopernagako@hotmail.com">coopernagako@hotmail.com</a>

### Local Contacts:

<b>Bath</b>	Pam Minagawa	0117 9570897	<a href="mailto:pam@shintaido.co.uk">pam@shintaido.co.uk</a>
<b>Brighton</b>	Ula Chambers	01273 390541	<a href="mailto:ula@shintaido.com">ula@shintaido.com</a>
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<b>Farnham</b>	Carina Hamilton	01252 728078	<a href="mailto:carina_jamie@onetel.com">carina_jamie@onetel.com</a>
<b>Nailsworth</b>	Nagako Cooper	07906 586674	<a href="mailto:coopernagako@hotmail.com">coopernagako@hotmail.com</a>
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<b>Ramsgate</b>	Geoff Warr	01843 583483	<a href="mailto:gandmwarr@btinternet.com">gandmwarr@btinternet.com</a>
<b>Reading</b>	Charles Burns	0118 9476808	<a href="mailto:charles@shintaido.co.uk">charles@shintaido.co.uk</a>
<b>Stroud</b>	Nagako Cooper	07906 586674	<a href="mailto:coopernagako@hotmail.com">coopernagako@hotmail.com</a>

## Regular Classes

Classes led by current BS instructors or assistants. Shintaido classes and their venues may change, so please check before attending an unfamiliar class

<b>Monday</b>	Ramsgate, Contact Geoff Warr.	evenings	Shintaido or Tai Chi
<b>Tuesday</b>	Bath, University of Bath.	8.00 - 9.30pm	Bath Bojutsu Club
<b>Wednesday</b>	Bristol, Dancespace, Bridewell Street	7.45 - 9.15pm	Shintaido
	Reading, St Barnabas Church Hall	1.00 - 3.00pm	Bojutsu
<b>Thursday</b>	Bristol, Greenway Centre.	10.30 - 11.30am	Shintaido for people with Learning Difficulties
	Stroud, Old Town Hall	10.30 - 11.30am	Gentle Shintaido
	Brighton, Hollingbury Methodist Hall	8.00 - 10.00pm	Shintaido
<b>Friday</b>	Eastington Community Centre, Gos	1.45 - 3.45pm	'Lightwaves' Class
	Reading, Clayfield Copse playing fields	7.30 - 8.30am	Shintaido/Bo tutorial

## Weekends

Specialist classes with any BS Instructor. Available by appointment.

# Taimyo

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Taimyo Next Issue - Winter 2015. Thank you to all who contributed articles. Please send further articles, pictures and ideas to [newsletter@shintaido.co.uk](mailto:newsletter@shintaido.co.uk)