



The first British Shintaido organisation was set up in 1973 to promote the practice of Shintaido in the UK, and to run events and workshops around the country. It is now a small but vibrant organisation, run entirely by volunteers for whom Shintaido has played an important part in improving their lives. If you would like to help this organisation in its work you can best do so by becoming a member. This currently costs just £30 a year, most of which goes directly to the furtherance of Shintaido as a twenty-first century art form.

Members receive a free newsletter, currently published three times a year, with news and photographs of recent events, together with details of forthcoming weekend workshops, as well as generous discounts off British Shintaido events and equipment.

Further information about the fascinating history of Shintaido, its current practice, and the wider international Shintaido movement can be found by visiting The British Shintaido website at:

www.shintaido.co.uk

Shintaido around the country.

Regular classes are currently held in London, Brighton, Bristol, Stroud, Oxford, Reading & Guildford. In addition, regular weekend workshops, or gasshukus, are held in various picturesque locations around the country.

For further information please contact your local group:



Shintaido
"New Body Way"



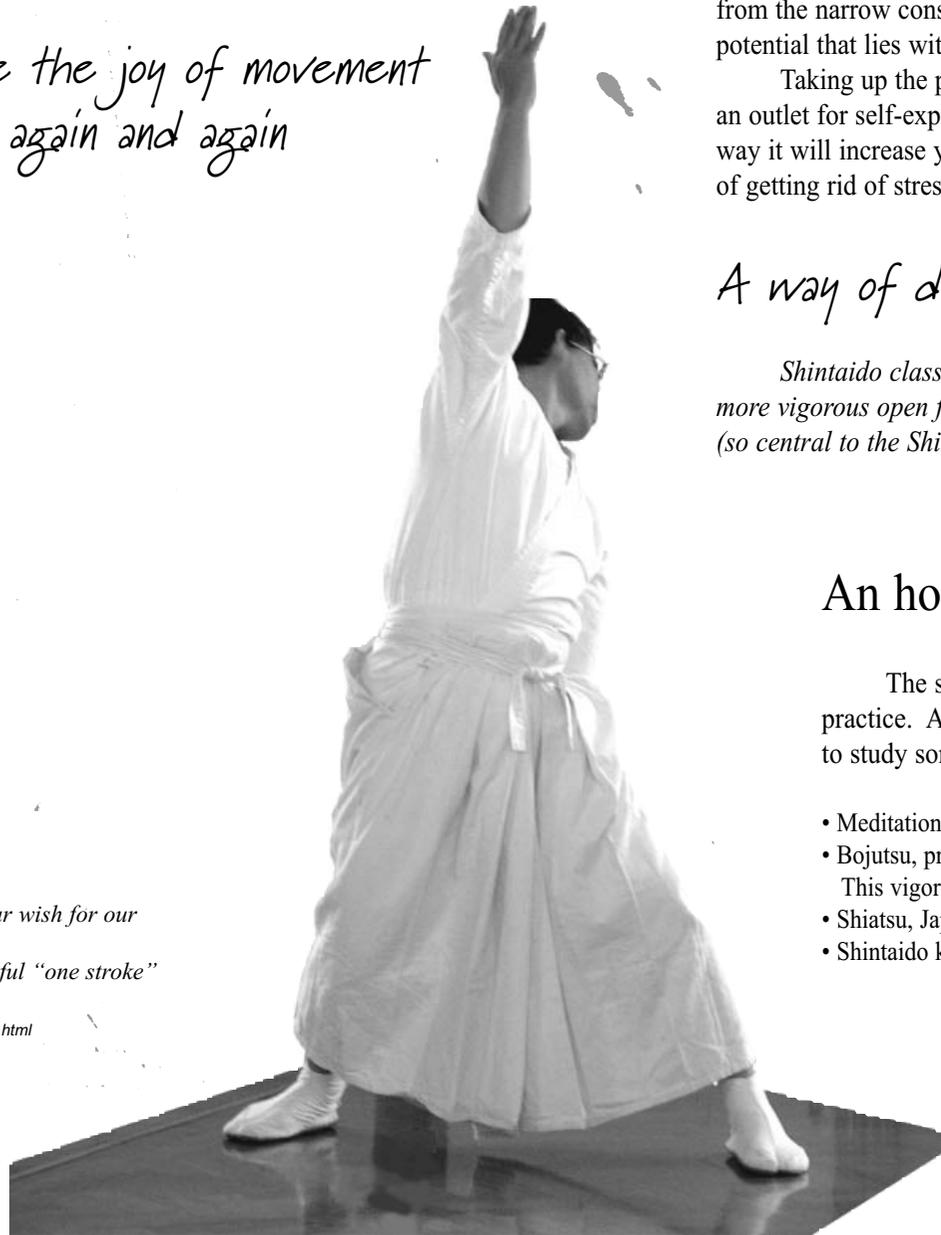
新
体
道

Shintaido

*A place where the joy of movement
can be rediscovered again and again*

*“Every line we draw carries our wish for our
children and their children”
Kaz Tanahashi - whose wonderful “one stroke”
calligraphy adorns this brochure*

<http://www.mro.org/zmm/artgallery/kazigall.html>



The “New Body Way”

Shintaido is a modern art form created from a fusion of eastern martial arts and western art and philosophy. Truly an *avant garde* movement, this is a martial art freed from the narrow constraints of “self defence”, and let loose to explore the true human potential that lies within each one of us.

Taking up the practice of this esoteric art will help foster your creativity, give you an outlet for self-expression, and develop your communication with others. Along the way it will increase your level of fitness and suppleness, and give you an unbeatable way of getting rid of stress!

A way of developing self-expression and vitality

Shintaido classes involve a combination of soft, slow, meditative movement; and more vigorous open forms. Some exercises are designed for partner and group work (so central to the Shintaido ethos) while others are for practice alone.

An holistic discipline

The study of Shintaido encompasses many aspects of traditional Japanese practice. As well as the core Shintaido curriculum, participants are encouraged to study some of the following:

- Meditation, which infuses all aspects of Shintaido practice.
- Bojutsu, practiced with a long wooden pole reminiscent of an English quarter staff! This vigorous discipline opens up our bodies and extends the Shintaido curriculum.
- Shiatsu, Japanese massage practiced with the Shintaido spirit.
- Shintaido karate, revealing a totally new aspect to this popular Japanese martial art.

Front cover: The traditional New Year “shoko” meditation exercise, performed with “bokuto” (a wooden sword)

Centre page: Masashi Minagawa performing “Shintaido breathing”, designed to be a combination of stretching, balance and breath control!