



SHINKI NEWS





Onegai shimasu

Editorial

Text: Lukas Underwood

Shinki News: What is it about? The idea for this extended newsletter was brought up during the 2015 Examination Commission Meeting in Waldbach. There were many important topics discussed, some superficially and not fully discussed; and, according to Sensei, topics that not all may be privy to. So we came up with the idea of creating a forum in which each member can express his/her thoughts and ideas and publicly exchange seminar reports.

The hope that we have for this project is that it will be a springboard that stimulates an exchange of ideas within Shinki Rengo and will allow students to delve deeper into Shinki Rengo altogether. Lukas and Jan came up with the design and outline for the first issue and asked Monika to serve as the editor. We approached Sensei with the idea because, clearly if sensei didn't say "yes," this project would not have come to fruition. Since you are reading it, you can imagine how Sensei responded. And in order to reach all members, we decided to publish Shinki News in both German and English. Rick joined the team and is supporting us by translating Shinki News into English.

Since this project is by and for Shinki members, your contributions are welcomed! Each member is encouraged to submit seminar reports or articles about interesting thoughts that they may have. If you are interested, simply contact us by email: shinki.news@gmail.com. We will let you know the details. This project can only be a success if we exchange ideas with each other. We firmly believe that we will strengthen Shinki by establishing an open and cohesive discussion that will strengthen, even more, our commonality.

Why Shinki News? We already have a newsletter?

Shinki News will not replace the current newsletter. The newsletter will be incorporated in Shinki News twice a year (at Easter and Christmas). Sensei's other two newsletters will appear as before. Since we are having elections this year, this first edition of Shinki News is

being published, as a special edition, in September. Edition # 2 will appear, as scheduled in December. We hope that we will have enough time between the September and December issues to receive your contributions; and in the future we will focus on themes for each particular issue.

What awaits us in this first issue?

As expected, but nonetheless very important, is Sensei's newsletter at the beginning of Shinki News. In addition, this first issue is dedicated to the upcoming elections. We asked the Examination Committee candidates a few questions and asked them to submit a brief summary of themselves. We thank them for their support and their positive and constructive feedback! In addition, the election process is presented, so hopefully we will have a smooth vote. In this issue you will also find the first seminar report from Oldenswort, written by Carin Klammerberg. Sensei was a guest this year up north and Carin was kind enough to take the time to summarize the experience. At the end of this edition is information about graduations, upcoming seminars, and a preview of the second edition.

We are hopeful that you will support us, because together, we can make this project a success! If you have any questions, suggestions, comments, or if you want to assist, we are available at the email address above. We hope you all enjoy reading this first issue of Shinki News!

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Soke's Comments

Text: Michael Daishiro Nakajima

First of all I want to give my hearty congratulations for the first edition of Shinki-News. I would also like to thank the editors and translators - Lukas, Jann, Monika and Rick – for their great contributions that go beyond my technical expertise and available time. Shinki-News will connect our Shinkiryu members more closely with one another. I hope that everyone can submit articles, reports, photos, etc. and support our hard-working editors in future editions of Shinki-News.

„Nomen est omen,“ is what we say here in Germany. In fact, this designation is significant. Names not only describe the essence of things but also express the correct meaning. In the Book of Genesis it is written:

“Now out of the ground the Lord God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name.” (Gen 2:19)

Just as our style is called “Shinki,” so too will be our newspaper. In fact, I have used the term “Shinki” from the beginning (starting in 1982, making it official in 1983), which means “divine life energy” and is in the center of our movement. We should journey along our path in the center of all reality throughout the entire universe. I discovered several years later that this term was used in China as early as the pre-Christian times – even if the meaning seems to have been understood, more generally, in terms of spiritual energy – and I was very happy to also learn that O-Sensei Morihei Ueshiba drew “Shinki” in his calligraphy.

As for the body, we should perceive our center (Hara = belly) properly and move forward from this center. Our movement is most natural when it remains totally loose and also when all parts of our body stays very loose. Just as it is with our whole reality. Our body moves from its very center – not only physically, but also from the spiritual center in which our human spirit is located. **Unfortunately, this initial connection is disturbed by our minds. That is the reason why some Zen teachers say that we should learn from a cow chewing grass in the meadow. Because the cow is inherently one with the center of the universe.** The human mind can interfere with this dynamic harmony in attaching to one’s center by abusing one’s spiritual freedom.

It is the sense of our training to eliminate this disharmony over time. As a group in Budo, we also learn how to eliminate stubbornness and complacency with the conventional unnatural movement of the body. We also need to know that physical training alone does not guarantee the mental training. What man does with his spirit, must always be spiritually guided. But the physical training can be helpful. For one-sided mental training can lead to inflexible thoughts and stubbornness. But in Budo, stubbornness is doomed to fail because of the body’s resistance - both Nage’s and Uke’s.

Finally, we should both physically and mentally, focus our total human effort in finding our center, Shinki, and unite with it.

Comments (Soke)

Shinki-News

So as not to be too complicated, we have integrated the current news-letter (Rundbrief) into this new Shinki-News publication. However, since the editors of Shinki-News can only contribute twice a year due to the labor-intensive requirements, I would like to also send you two reduced versions of Shinki-News, previously called Rundbrief (newsletter). **So you will receive a detailed version of Shinki-News twice a year and a reduced version of Shinki-News twice a year. This year, the detailed versions will be released in September and in December. Starting next year, they will appear before Easter and before Christmas.**

Bokuto-Order

I will take over the Bokuto orders from Tombodo in Japan as of March 1 and October 1. This is purely a service for Shinki Dojo members. As already mentioned, it is customary in Japan, that one becomes a member in a respective organization from the beginning on if you learn from this organization or through it. We keep it a little looser here, but with respect to Toho Shinki you have to be a Shinkiryu member for at least 1 year prior to the Shoden-examination. Shoden corresponds to the 1st Dan in Aikido or Daitoryu. This is also the prerequisite that you can enjoy the service of ordering a Bokuto from Japan. So far, the following people are on the 1 October 2015 Bokuto order:

- Monika, Daniel and Hartmut from Munich
- Melanie from Königheim, Frank from Lahnstein, Jörg from Edingen
- Helmut from Königheim/Oberkessach a short sword

If I forgot someone, or somebody else would like to order a Bokuto, you should place your order before 30 September. Thanks!

Representatives of Disciplines

Since we have three disciplines, and the chief instructor of each of the various clubs may or may not be the highest rank in all disciplines, I want all chief instructors, where appropriate, to select a person to represent a discipline, or disciplines, if that chief instructor is not of the highest rank for a given discipline. If the situation permits, and there is a desire amongst the members, it would be nice if representatives can lead exercises in a corresponding discipline for a portion of the training session, even if it is only for 15 minutes. At Shinki Dojo Oberkessach, we practice all disciplines every time we train so that we guarantee an integrated practice. It would be a shame if a discipline is left out of a dojo because the chief instructor cannot or does not want to train in a discipline. In assigning a representative of a discipline, the overall responsibility and authority of the chief instructor is not threatened. On the contrary, the chief instructor will demonstrate generosity and this will be recognized by others. As an example, Gerhard has displayed his generosity by his well-functioning dojo in Munich.

E-Mail-Addresses

In the meantime, I have received quite a few emails back as not being delivered. If there is anyone who reads this and realizes that he/she did not receive my e-mail announcement about the publication of this newspaper, please let me know what your new e-mail address is (nakajima@shinkirengo.de). I send messages to all Shinkiryu members in 6 alphabetical groups of addresses in "Bcc."

Examination and Instructor Commissions

Organization, Tasks, and Election

On the following pages you will find an overview of the election process with all necessary information. Furthermore, we have also provided you a list of candidates eligible for the upcoming election. Following that, you will find a brief background of members who are candidates for the Examination Commission. We contacted all of the 4th Dan or higher members and invited them to send us their contributions, which you can read below. Unfortunately, due to the large number of members eligible to be elected to the Instructor Commission, we were limited in providing brief backgrounds on them.

The essentials at a glance:

- 1 How many seats will the Examination and Instructor Commissions have?**
The Examination Commission consists of 7 members and the Instructor Commission consists of 5 members
- 2 When will the vote occur?**
After the summer holidays and before the autumn holidays.
- 3 Who is eligible to vote?**
All Shinki Rengo members (registered in the current list of members) from and including 5th Kyu and at a minimum age of 18 years.
- 4 The Voting Process?**
The vote will occur at the same time for both the Examination Commission and the Instructor Commission. Everyone may submit up to five selections. You are allowed to vote for yourself. Send your voting selections to Henry Kowallik at henry@shinki-dresden.de. The submission deadline is October 15, 2015. The first 7 candidates with 4th Dan and the most votes present the new Examination Commission. The 5 subsequent candidates present the new Instructor Commission.
- 5 Who can be elected?**
The members of the Examination Commission must be at least a 4th Dan and the members of the Instructor Commission must be at least a 1st Dan and be instructors during regular training at their dojos.
- 6 How are the functions within the commissions distributed?**
The various functions of the Examination and Instructor Commissions will not be selected during the general election. Once elected, members of each commission will, will determine how the functions will be filled internally.
- 7 Who is represented in the current commissions?**
The current Examination Commission is: Chairman: Duncan Underwood, Vice Chairman: Matthias Haas, Secretary: Peter Saager, Jürgen Dimt, Gerhard Scheitler, Danijel Rolli, Georg Umlauf.
The current Instructor Commission consists of: Chairman Claudia Buder, Vice Chairman Henry Kowallik, Christoph Tischer, Michael Danner, Bernd Hubl, Mattias Becker, Enzo Ermarth and Birgit Bolk. There are currently 8 Instructor Commission members (rather than 7) because Enzo and Birgit tied for the same number of votes during the last election. Duncan Underwood presides over both Commissions.

Who are the candidates?

The list is by graduation and in alphabetical order

Babsia, Michael	1. Dan	Weikersheim
Bermes, Marita	1. Dan	Berlin
Hardy, Edme Horst	1. Dan	Karlsruhe
Rahn, Sigrid	1. Dan	Großräschen
Rietschel, Andreas	1. Dan	Finsterwalde
Rotter, Tajalli	1. Dan	Heidelberg
Schröder, Jochen	1. Dan	Karlsruhe
Wender, Katrin	1. Dan	Leipzig
Wolf, Thomas	1. Dan	Heidenheim
Zipser, Erwin	1. Dan	Bartholomä

Boettcher, Matthias	2. Dan	Pforzheim
Domann, Roland	2. Dan	Düsseldorf
Fischer, Heike	2. Dan	Wiesbaden
Gvirtz, Alejandro	2. Dan	Heidelberg
Hussong, Jürgen	2. Dan	Mannheim-Seckenheim
Kovacs, Jozsef	2. Dan	Ulm
Theobald, Helmut	2. Dan	Königheim
Schmidt, Ilias	2. Dan	Ulm
Schuetz, Robert	2. Dan	Düsseldorf

Bolk, Birgit	3. Dan	München
Clausen, Gunnar	3. Dan	Flensburg
Elouimi, Hassan	3. Dan	Müllheim
Ermarth, Enzo	3. Dan	Edingen
Felber, Wolfgang	3. Dan	Ilmenau
Jablonski, André	3. Dan	Ulm

Klammberg, Carin	3. Dan	Oldenswort
Kuryshev, Vladimir	3. Dan	Heidelberg
Lesser, Stefan	3. Dan	Weiler
Paluszek, Arkadiusz	3. Dan	Rödental
Regel, Ralf	3. Dan	Cottbus
Trzaski, Marius	3. Dan	Lahnstein

Becker, Matthias	4. Dan	München
Buder, Claudia	4. Dan	Weimar
Danner, Michael	4. Dan	Eggenstein-Leopoldshafen
Dimt, Jürgen	4. Dan	Waldbach/Oberkessach
Frederiksen, Alexander	4. Dan	Weiler
Haaß, Mathias	4. Dan	Oberkessach
Hubl, Petra	4. Dan	Wiesbaden
Kowallik, Henry	4. Dan	Dresden
Krabel, Markus	4. Dan	Heidelberg
Mayer, Thomas	4. Dan	Züttlingen
Rolli, Danijel	4. Dan	Edingen-Neckarhausen
Saager, Peter	4. Dan	Berlin
Soriano, Rick	4. Dan	Heidelberg

Hubl, Bernd	5. Dan	Wiesbaden
Umlauf, Georg	5. Dan	Heidelberg
Remp, Wolfgang	5. Dan	Mannheim
Scheitler, Gerhard	5. Dan	München
Underwood, Duncan	5. Dan	Oldenswort

Comment: Christoph Tischer doesn't run for election due to job-related reasons.



Claudia Buder

Age: 46 years
 Aikido: since 1992
 Shinki Rengo: member since 1992
 Club/Dojo: Shinki Rengo Weimar
 Graduation: 4. Dan

In every beginning there is new opportunity. We always see that this occurs when we step onto the mat. I would like to first congratulate the editors of the Shinki newspaper for this premiere and thank the team for their willingness and courage to begin this adventure, which certainly requires stamina and willpower.

I'll admit that my first thought about this newspaper was met with some skepticism. Even more words? Where is the action? Where is the practice? Again and again I notice that in social life the unity of word and deed are a particular challenge. In Aikido the practice is at the heart of the action. In Shinki Rengo the core of the action is centered by focusing on the mental training. But not the spirit of the word, but the spirit that goes beyond the word and allows unity. Shinki !!

But then I thought about it further. Which intention is connected to this Shinki newspaper? For me it is the intention to allow communication to create connection, in order to build understanding. This is exactly what we practice in action.

Only if there is an opening can I enter, only in understanding can I comprehend, only when I notice can I change. To that extent this newspaper promotes Shinki intention at the level of communication in mind and word. Let's go! It's a good thing. May a lively communication arise, which is reflected in the lively action.

Shinki is, and remains, for me a matter of the heart and, with a bow, I would like to add one of my favorite quotes from O-Sensei Ueshiba to this new beginning: Each and every master, regardless of the era or the place, heard the call and attained harmony with Heaven and Earth. There are many paths leading to the top of Mount Fuji, but there is only one summit - LOVE.



Michael Danner

Age: 46 years
 Aikido: since 1983
 Shinki Rengo: member since 1984
 Club/Dojo: Karlsruhe and Leopoldshafen
 Graduation: 4. Dan

I met Nakajima Sensei at the High School in Osterburken. He was my religion teacher. I started Aikido when I was in the youth group, which was founded at school, and later continued to train at Nakajima Sensei's dojo in Oberkessach. During my college studies, I trained in Karlsruhe at the college Aikido club and also at the Budo Club in Karlsruhe. Later, I started a youth group which I have developed over the years. During this phase of my Aikido, I attended many courses and seminars taught by different Aikido masters in order to broaden my horizons. In 1998, I switched to a university sports group at the University of Karlsruhe (now the Karlsruhe Institute of Technology (KIT)) in order to get a solid workout. Since then, I have been active as the head trainer and have organized many courses and seminars. Since 2006, I was able to build a new youth group, in Leopoldshafen, that continues to grow and prosper after 9 years. The highlight of the year for the young Aikidokas is the youth course which I have been conducting since 2009. In 2009, adult training also began in Leopoldshafen. I currently conduct training 3-4 times a week. I also conduct various course and seminars in Pforzheim and Leopoldshafen.

The aikido that I learned from Nakajima Sensei - and still continue to learn - is very dynamic for me and inspired by Ki, without which there would be a lack of effectiveness. This Ki is noticeable and present not only in the art but also everywhere and is referred to as Shinki!

For me, the Shinki community means that we develop together and deepen our Aikido by continuing to search for Ki in our souls! This also involves meditation, as well as the dynamic movement as essential elements in that search. The cooperation between the various Shinki Rengo groups in the surrounding area allows me to continue to develop.

I want to actively support and help shape the development of Shinki Rengo because Aikido is an essential part of my life!



Jürgen Dimt

Age: 51 years
 Aikido: since 1984
 Shinki Rengo: member since 1984
 Club/Dojo: Waldbach/Oberkessach
 Graduation: 4. Dan

I started Aikido in February 1984, when a friend told me of a Japanese colleague at school who taught him Aikido. At that time I knew nothing about Aikido. Because I was curious, we went to training so that I could see what Aikido was about.

It was not only the movements and techniques that fascinated me, but the atmosphere that was present, how the students treated each other in the gymnastics hall, and finally the presence of the teacher - Michael Daishiro Nakajima.

Fast forward ahead three decades. As I look back on Shinkiryu Aikido I am proud and grateful that I found and have a master such as Sensei. I often find it difficult to follow the development of my senses because I think that I am unable to learn something new when I haven't really mastered it. I know the way and my continuous efforts will never come to an end. This applies both to the technical development, as well as mental training, particularly in relation to Shinki.

It is "easy" during a training session or a seminar to learn and promote Shinki Spirit because everyone has the same goal, is inspired, and is eager to perform their techniques harmoniously and with Ki. It is much more difficult to incorporate Shinki in one's private life or even in the workplace, with your family, and when your love is so deeply rooted with your own children. There are always situations where love, anger, or rage may be present but not apparent.

With this awareness and the challenges of our fast-paced world, I look forward to the future with confidence, because with every decade so far, I have noticed self-improvement. If we remain with Daishi for many more years to come we will continue to have the best master who can guide and teach us this path.



Bernd & Petra Hubl

Age: Bernd Hubl: 58 years / Petra Hubl: 55 years
 Aikido: since 1984
 Shinki Rengo: member since 2001
 Club/Dojo: Aikidoschule Wiesbaden-Sonnenberg, Aiki-Dojo Wiesbaden e.V.
 Graduation: Bernd Hubl: 5. Dan / Petra Hubl: 4. Dan

For us, Shinki is the ideal interaction of Budo with the right mindset. Community practice is enjoyable and allows everyone to help each other and share experiences.

We have been instructing at our Aikido school in Wiesbaden-Sonnenberg for six years. We teach adults, teenagers, and children. In addition, we have been instructors at the Aiki Dojo Wiesbaden e.V. since 1989. We have hosted 19 regular seminars, lasting for a week, and 1 seminar at Hidden-see Fuerteventura. We started Aikido at the same time in Wiesbaden. Our first teacher was Volker Riemann, the godchild of Gerd Wischniewski.

Since 1986, we attended 150 seminars, mainly with Tamura Shihan, but also Yamada, Sugano, and Kanai Shihan.

After the death of Tamura Sensei in 2010, we left the FDAV (Free German Aikido Association e.V.) and are now „completely“ committed to Shinki Rengo, where we have been members since 2001. Our first encounter with Nakajima Sensei goes back to October 1994 during a Tamura Sensei seminar in Gauting, near Munich.

Bernd: With Petra's support, I organized 21 weekend seminars taught by Tamura Sensei in Germany. Since 2000, I was a member of Tamura Sensei's German Examiners. In addition, I was the treasurer for EAF (European Aikido Federation) for eight years and the FDAV treasurer for four years and FDAV president for 22 years.

Since 2011, I have been a member of the leisure and sports commission of Wiesbaden, the Hessian State Capital.



Henry Kowallik

Age: 44 years
 Aikido: since 1993
 Shinki Rengo: member since 1993
 Club/Dojo: Shinki Dojo Dresden
 Graduation: 4. Dan

I was attracted to Aikido long before I started training. As a young man I read an article about Aikido in a former East German (GDR) magazine (which was quite surprising). Years later, I started training with Claudia in Weimar. My enthusiasm for Aikido continues to grow.

Shinkiryu Aikido, for me, is on the one hand, a way to become one with yourself; and, on the other hand, is a process of connecting with the world. Only when I have found my own center, can I obtain the flow and healing effect of Ki, and only then can I exude Aiki.

I contend that awareness through meditation training is a high priority as a practitioner. I believe that we have to learn either as Uke, or as Nage, more than what we may have been taught to do. Strong people can learn to be more flexible, weaker people can learn what it feels like to be more forceful in order to stand-up for themselves.

So, I believe that Aikido allows one to evolve when it comes to realizing one's potential and developing one's interpersonal relations with others. This development of external and internal perception helps one improve and open one's self.

For me, Shinki is the focus on the development of being a human being. Aikido is, thus, a tool for the development of the human spirit, as is meditation. As one realizes their purpose through Aikido, so too does all of humanity grow.

I feel that the dojo is a place to study Budo (martial way), a „laboratory“ for finding ourselves. I am quite amazed when I find analogies between Budo and everyday situations that we encounter. Aikido is a lively and invigorating art and something that I really enjoy practicing.



Danijel Rolli

Age: 42 years
 Aikido: since 1998
 Shinki Rengo: member since 1998
 Club/Dojo: Edingen-Neckarhausen
 Graduation: 4. Dan

Regardless of whether I meditate, do Aikido, Daitoryu, or practice with the sword, or do other activities, I am practicing, Shinki-Ryu'. On the mat or in the dojo, for example, the execution of a technique is the expression of Shinki. The perception of a spiritual power in meditation or even in social interactions show the application of Shinki. This shows that Shinki is at the center of my / our efforts.



Peter Sager

Age: 62 years
 Aikido: since 1979
 Shinki Rengo: member since 1994
 Club/Dojo: Aikido-Dojo TomoSei/Berlin
 Graduation: 5. Dan

Why am I glad to be here? There are several reasons. I was and still am supported by Nakajima Sensei and, previously, by the teachers who accompanied me to a certain stage of my development. Now it is time to return the favor.

As Dojo Cho I am responsible for my students. You must be able to pass your exam and find a structure that provides advancement. Shinki Rengo offers us these possibilities. I am very pleased that Shinki Rengo is recognized as one of three associations in Germany recognized by Aikikai Honbu Dojo. For the last few years, I am happy to be a member of the Examination Commission and to have supported the development and integration of Shinki Rengo.

I am particularly interested in the development of Aiki. For me Aiki is the understanding of the inner connection between Uke and Nage. I believe Aiki is the essential element, in addition to content and

requirements, in making Aikido a Budo discipline. Aiki is established “mentally” before actual contact. It thickens in the center of my movement and dissolves, at the end, in the direction that my “Spirit” guides it towards. This connection is even deeper in one’s technique by training your presence, perception, awareness, natural motion, respiration, reasonable distance from your partners, and by developing your center and leadership. When I am Nage, I am responsible for my partner and I must keep my ego in check. This also applies when I am Uke. As Uke, you must provide a clear and honest attack so that your partner can practice the technique and the connection. If Uke is not willing to attack with intention, there will be no connection. I teach this path simultaneously in order to form commitment between Uke and Nage. This relationship has parallels in all situations and encounters. This development, which I have experienced in Shinki Rengo in the past few years is when “Aiki” occurs.



Rick Soriano

Age: 56 years
 Aikido: since 1992
 Shinki Rengo: member since 1998
 Club/Dojo: PSV Heidelberg
 Graduation: 4. Dan

Student of Nakajima Sensei and Georg Umlauf Sensei for the past 21 years at PSV-Heidelberg Aikido Dojo. I first saw and fell in love with Aikido as a child in Japan in 1966, but didn't rediscover it until 1992. I was intrigued by this “Zen in motion” martial art, with its infinite attacks, techniques, and pins/throws.

As a former member of the U.S. Aikido Federation, the Midwest Aikido Federation, Aikikai Deutschland, and now a member of Shinki Rengo, since 1998, I have had the opportunity to compare and contrast the various Aikido organizations, study with numerous Shiha, learn the various Aikido styles and test techniques, and visit and train with numerous Aikidoka. I often go to various seminars and dojos and notice that Aikidoka are mostly concentrating on techniques and using power in their movements - the physical dimension of Aikido. I enjoy the Shinki Rengo Aikido path because it is an interesting path that helps uncover the meaning and purpose of “Ki” in Aikido and to develop one’s mental and spiritual dimensions through meditation and study.

Shinki translates literally to mean heavenly Ki or spiritual Ki. In the past 17 years in Shinki Rengo, I have realized that Ki energy, coupled with abdominal breath power (Kokyu-Rokyu) and spiritual meditation, helps one progress in doing Aikido with minimum muscle power and less brute force.

I first starting teaching Aikido in New Jersey 22 years ago and I cherish the wonderful experiences that I have had over the years. I appreciate Georg Umlauf Sensei allowing me to be an instructor. Through continuous training and experimentation with Georg and all of the Sempai and Kohai at PSV-Heidelberg Aikido Dojo, I am able to explore the physical, mental, and spiritual dimensions of Aikido.

O’Sensei once said that “Aikido has no form – it is the study of the spirit.” And so the journey continues for each one of us - to study and develop Shinki.



Georg Umlauf

Age: 54 years
 Aikido: since 1978
 Shinki Rengo: member since 1978
 Club/Dojo: PSV Heidelberg
 Graduation: 5. Dan

I met Nakajima Sensei as a teenager when he was my religion teacher at the all-day school in Osterburken. I began my Aikido training with him in 1978 and, in 1979, I received my 5th Kyu promotion, issued by the Aikido Section of the German Judo Federation (Deutsche Judo-Bund (DJB)). In 2011, I received my 5th Dan Aikikai certificate from Nakajima Sensei.

In the '80s, I moved to Heidelberg where I finished my professional training. In 1991, I assumed the duties as the chief instructor of Aikido training at the Police Sports Club. I have shift and weekend work as a nurse and also responsibilities as a father of two children. I am glad that, for years, I could count on the support of my loyal and dedicated students. I am currently entrusted in a position on the Shinki Rengo Examination Commission, where I also serve as the treasurer.

What does Shinki mean to me? On one hand, Shinki Rengo means the "Aikido family" in which I was "born" and in which I grew up in. On the other hand, I was present during the "birth" and development of Shinki Rengo as it separated from DJB and Tendoryu and progressed to Shinki-ryu and finally integrated in the Aikikai as Shinki Rengo.

Shinki, the divine Ki, is what I view as the translation/interpretation that Nakajima Sensei is developing from the spiritual cornerstone of O'Sensei's teachings. O'Sensei was well known for his spirituality and also his conviction in incorporating forces beyond the physical world (Ki) in Aikido. In Shinki Rengo, Nakajima Sensei leads an old tradition, not only in Budo, but in the continuation of training the spirit in conjunction with the body. This training and development are the basis of Aikido. O'Sensei's students continue to carry on his teaching. Nobody was or is a copy of O'Sensei. Each of O'Sensei's students has passed on their interpretation of O'Sensei's teachings and talents. And so it is and shall be also in the Shinki Rengo community: students, according to their path, will continue to develop and pass on their skills.



Duncan Underwood

Age: 58 years
 Aikido: since 1980
 Shinki Rengo: member since 1989
 Club/Dojo: Ko Ai Dojo Oldenswort
 Graduation: 5. Dan

My motivation in pursuing Aikido arose from my search for a connection between exercise and mental training. It became increasingly clear to me that we, as humans, are all connected as a whole and are inseparable based on something far greater than ourselves. Aikido and Zen meditation helped me realize this. Of course, at first I only knew dimensions that pointed towards the direction. I was intrigued by the possibility that there is another type of force with which something can be put into motion. My first teacher, Asai Sensei, stressed this aspect but really did not explain it. Gert Walter brought me closer to the relationship between Zen and Aikido. My encounter with Nakajima Sensei was the logical consequence and, in time, I realized that he showed me what I was looking for: the deep spiritual oneness with physical movement. This is what Shinki Rengo Aikido is for me. Both improve one at the same time and one as a whole person. The final aspect of Shinki Rengo is intellectual development. Our training

is designed to make our bodies soft and as free as they can be. However, this does not mean that we should treat our bodies badly. It is defining part of our human existence and serves us well, but our bodies are finite. Thus, we have the responsibility to develop ourselves through intensive training and thereby grow beyond just the physical aspect. Serious physical exercise is a decisive influence on intellectual development.

Understanding this by oneself is very difficult. The joint training and search for the true foundation of Budo makes this understanding easier. So we are fortunate under the direction of Nakajima Sensei to be able to test the limits of our abilities.

Oldenswort Seminar

Nakajima Sensei / May 2 & 3, 2015

Text: Carin Klammberg / Pictures: Jann-Volquard Hansen



Location: Oldenswort

The seminar was wonderfully intense and, as always, inspiring. It began on Friday and it was fantastic. The North German weather happened to be sunny, and many helpers showed up to assist with the necessary evil of transporting mats from one hall to another hall in a nearby village. All in all, it was a cheerful afternoon.

The seminar, for me, was quite special. The intensity began with Daitoryu, which opened new insights and increases my desire for more Daitoryu. Attention! Danger! Addiction! The first technique that we practiced was simply an ai-hanmi attack with an elbow drop, entering, and then throwing Uke backwards. When Sensei showed the technique, it looked so simple, logical, and completely natural. It was then my turn to be Nage. But everything was only a vague memory. Luckily, Katrin was very patient and offered me an encouraging smile, helping me overcome my doubts and helping make the technique possible. Sensei passed by and didn't intervene ... OK, we're doing it right!





Breaking new ground without leaving the old, one of the many paradoxes of Aikido. There is no contradiction in terms, but no less demanding (mind-turning). Sensei's meditation theme was "love everyone." This is the innermost truth... a cornerstone in dealing with others on the mat and off the mat. We discussed this, along with many other topics, while eating a small snack during the lunch break at the dojo hall, socializing in the nice sun.

Back on the mat, Sensei showed a Kokyu-nage attack from behind. Helmut and I worked out together. Don't laugh, Helmut and I represent the two opposite ends of the body-size scale. Helmut is so big and so nice, but he won't budge for even a small woman who has a look of despair on her face.

Despite the moves and the attack, the entering, Helmut stands like a pillar of strength. I drop my center and try to unbalance him again and again. When I do it right even a rock solid person can succumb to a single drop.

We spend Saturday night at the old school in Westerhever. The grounds are designed for mostly youth groups to use and have fun at. We try the various built-in recreation equipment, a trampoline, and a tight-rope course under the trees. An especially nice image is Daishi and Duncan enjoying the cable railway, as do we all. I am delighted that these teachers can teach us so much.







Sunday morning arrives, and as always, much too quickly. The seminar is almost over, and our tired, battered bodies and minds are full of attention from the mindfulness training. Or Ki is strong and it binds with our Uke. I hold on to the image that I learned - of shaking my open hands as if shaking water from my fingers. I use this visual again and again. It helps me. I think of Lucas' words: get up, brush off the dust, and move on. Thanks! And then the course is over.

We say goodbye to everyone and can't wait until we meet again at the next seminar. We are filled with many memories of being together for the past few days.

For those of us from the north, the seminar ends as it had begun... transporting the mats. This time we had no anticipation and nervousness as we did when setting up the mats, only contentment, joy, coupled with a pleasant feeling of being fatigued.



Text: Carin Klammberg



Pictures: Jann-Volquard Hansen

Graduations & Seminars

Graduations Aikido (01. 07. - 15. 08. 2015)

10. Kyu	Hofmann, Larissa	Oberkessach
10. Kyu	Stang, Mandy	Oberkessach
9. Kyu	Link, Marvin	Weiler
5. Kyu	Maaß, Lea	Edingen
4. Kyu	Beuchle, Günter	Leopoldshafen
4. Kyu	Weingärtner, Tobias	Leopoldshafen
4. Kyu	Werner, Wolfgang	Leopoldshafen
4. Kyu	Siebert, Christopher	Weimar
3. Kyu	Mann, Georg	Ulm
1. Dan	Claus, Neuwirth	Heidelberg
1. Dan	Djunaidy, Iwan	Karlsruhe
1. Dan	Holste, Uwe	Oldenswort
2. Dan	Gvirtz, Alejandro	Heidelberg
2. Dan	Six, Nicolas	Oberkessach

Graduations Shinkiryu Aiki Budo (01. 07. - 15. 08. 2015)

Hosshi	Ermarth, Enzo	Edingen
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Graduations Daitoryu Aiki Jujutsu (01. 07. - 15. 08. 2015)

5. Kyu	Lenninghaus, Lena	Edingen
5. Kyu	Heitzler, Jörg	Edingen
5. Kyu	Kiening, Karl	Heidelberg
5. Kyu	Rössler, Jens	Oberkessach
4. Kyu	Gvirtz, Alejandro	Heidelberg
4. Kyu	Meier, Jürgen	Mannheim-Remp
4. Kyu	Haschke, Christa	Ulm-Jablonski
3. Kyu	Erberich, Michael	Berlin-Tomosei
3. Kyu	Dielmann, Petra	Mannheim-Remp
3. Kyu	Smentek, Martin	München
3. Kyu	Jablonski, André	Ulm-Jablonski
3. Kyu	Frederiksen, Alexander	Weiler
1. Kyu	Brosi, Laura	Edingen
2. Dan	Bösl, Franz	Regensburg
Okugi-3. Dan	Ermarth, Enzo	Edingen
4. Dan	Umlauf, Georg	Heidelberg

Seminars with M. D. Nakajima in 2015

26.09.2015	Heidelberg (Change: Takes place only on saturday)
17. – 18.10.2015	Berlin Tomosei
07. – 08.11.2015	Ulm
14. – 15.11.2015	Dresden
30.12.2015 – 01.01.2016	Oberkessach: Jahreswende

Other Seminars in 2015

05.09.2015	Michael Danner und andere	Kata-LG in Pforzheim
03. – 04.10.2015	Duncan Underwood	Pforzheim
21.11.2015	Michael Danner	Leopoldshafen
13. – 19.12.2015	Bernd und Petra Hubl	Fuerteventura

Arigato gozaimasu

Preview of Shinki News No. 2

The second edition of Shinki News will be published in December 2015. In it are some of the seminar reports from Weimar with Duncan Underwood; the Oldenswort Summer Seminar, which was instructed this year by a total of five trainers; and the Dresden Seminar with Nakajima Sensei. Furthermore, we will introduce the international Shinki Dojos.

If you would like to contribute to Shinki-News, please submit your contribution(s) to: shinki.news@gmail.com and we contact you to discuss the formalities with you.

Have a great time and a lot of fun and energy during training!
Shinki-News Team

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