



# SHINKI NEWS





# Onegai shimasu

## Editorial

Text: Lukas Underwood

Dear Members of Shinki-ryu,

It hasn't been long since you read the first issue of Shinki News. Thank you very much for all the positive and vital feedback! As we pointed out in the last issue, this project has to be carried by our members. Our worries that we wouldn't have enough contributions for the second issue, turned out to be absolutely incorrect. Many of you wrote something and we are very thankful for that! But that also means a lot of work for us, because there are so many great contributions. Due to our own limited time we have to draw a line when it comes to the number of contributions in the next issue. So it is very important, that you write to us if you want to contribute something! It could be that we have to move some of your contributions to another issue, due to the workload. So if you plan to write something, let us know: first come, first served. If you have any questions or want to contact us for information about your contribution please write us at: [shinki.news@gmail.com](mailto:shinki.news@gmail.com). We will then discuss the formalities and the deadline for the contributions.

So this issue is quite large and there is a lot to read. First of all we will start with the newsletter from Sensei, followed by an article about the elections and the results by Duncan Underwood. On the

next pages you will find an introduction from two of our international Dojos. Those are followed by an article about the training at the Hombu Dojo by Claudia Buder. The next contribution is an autobiographic story by Rick Soriano which took place during his military service. As Sensei mentioned in Dresden, we live in a time of constant fear. Many people are frightened by the refugee crisis. Peter Saager tells us in his article about his project "Aikido with Refugees." Those articles are followed by seminar reports, which are published chronologically: Weimar with Duncan Underwood; the Youth Seminar in Oberkessach; the Summer Seminar in Oldenswort; the Summer Seminar with Sensei; the Kata Seminar in Pforzheim; Seminars in Heidelberg and Pforzheim; and last but not least, the Seminar in Dresden with Sensei. On the last pages you will find the graduations and the upcoming seminars.

We hope you enjoy the second issue of Shinki News. And we, the Shinki News Team, wish all of you joyful holidays.

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# Soke's Comments

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**Text:** Michael Daishiro Nakajima

I am very pleased that the first edition of the Shinki-News received very positive responses. I, once again, want to very warmly thank all those who were involved and am proud of our newspaper. We do not have to anxiously wait for the second edition to be published since you are reading it now. In a time in which many disputes are handled by brute force and society seems to be divided, it is essential and precious that there are those few who do solid work to connect us. And it is in this unifying role that the publishers, Jann and Lukas, give us Shinki News.

If something occurs that happens to unsettle society, of course, action must be taken against it. However, you tend to make mistakes when you react in a frantic manner. Thus the situation is even more complicated, or violent reactions occur, or civil liberties are unnecessarily restricted. This is the difficult task of politics, but nonetheless, we have to proceed with effective measures. It seems that we citizens are helpless.

What is often overlooked, is the basis of social events that ultimately is not an inherent structure or the like, but the individual human being, namely the human being in his essential determination within one's interpersonal existence. **If you look at this closely, you will encounter this spirituality with will, reason, freedom, etc., not just individually, but in your interconnectedness with all people.**

When someone throws a small stone into the water, the wave then spreads in a circular motion. So too, our faint mental effort may go unnoticed but it may end up sending positive energy to the world and to other people. In the midst of our world, a potential for violence has arisen. This network of violence encompasses and threatens the world. But there can also be a small potential for peace (Love) to engulf the world in a positive manner.

We know that love is not a simple matter. Even love must be fought for if it is not to be a cheap tearjerker. But if terrorists train so hard and sacrifice many things, why can't we just sacrifice ourselves for the love we have and are willing to fight for? A young man, who lost his young wife in the Paris attacks, and remained alone with his child, said in the direction of the terrorists,

**"You want to create hatred, but you won't get it!"**

**Is he not a Samurai who is in charge and victorious over his emotions, fighting for peace? Maybe he's more of a Samurai practicing Budo than we are.**

Christmas is just around the corner. We shouldn't be worried, but understandably, we may be worried about going to Christmas markets because of the increased threat. What could we have done to help the homeless family of Bethlehem? How can we assist the homeless refugees? Here as well, the central concern of Zen is: let go of yourself. Because fear comes from not wanting to change. If it is said that God in Bethlehem became man, then it means that he has renounced his infinite wealth:

*„he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.“* (Philippians 2: 6-8)

**With all this in mind, Susanne and I wish you all a peaceful and lovely Christmas!**

## Comments (Soke)

### **New Commissioners:**

I wish the newly elected members of the two committees good ideas to improve our organization and that they will enjoy working for all of us. I am pleased that there is at least one woman representative and that there are representatives from the different regions in Germany in both committees.

### **Bokuto Order:**

In the last Shinki-News there was an error in the announcement that the next bokuto-order will be sent to Japan on March 1, 2016. The correct date is April 1. Therefore, please send your orders to me so I receive them before 31 March.

### **Acknowledgments:**

At the end of the year I would like to cordially thank all who contributed a lot as trainers, organizers, treasurers, and contributors who added to our Shinki Association.



# Voting results

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Text: Duncan Underwood

The voting for the Testing Committee and the Instructor Committee is now complete. It was a somewhat unexpected and bumpy road. But thanks to the willingness of the organizers to bring about the best of the situation; and above all, thanks to the patience and the confidence of our members, the second vote proceeded in a smooth manner. Of course, there was some irritation because of the revote. That's very understandable. Again, we apologize again for the inconvenience. Formal errors should not really happen, especially with something as important as the election.

We are not professionals in this regard. We were not equipped in this area with a lot of experience. So please accept this as our excuse. There were some things that we were not aware of in advance that emerged after the first vote. As Sensei has already written, it is not simple to perform a democratic election in a not really democratic organization such as a Budo. Problems arise, which could have caused the character of this structure to be destroyed. At the same time the organization will be represented by the committees and a possible widespread and uniform structure will be developed under Sensei's direction.

This is Budo! The teacher is followed. Not out of blind obedience, but awake and confidently. This means that everyone can decide for themselves whether they agree with and accept Sensei's framework, both in terms of the actual art itself, as well as the conditions.



In addition, we have grown since the last election. The last election was more predictable and resulted inevitably in less organizational problems. **This time we found that we needed to put in more thought on the election and the context of the election. This process is still not complete and will be a major topic at the next meeting of the two committees.** Thus, we will hopefully have some models to present to Sensei in advance so he can review them prior to us discussing them at the next meeting. Sensei will clarify the basic conditions that he desires. Then, of course, the construct must result in the committees aligning the voting rules.

Important here are a few things: 1) There must be no accumulation of „power“ in a club/group; 2) The regions in Germany have to be represented; 3) The individual arts must also be represented by the relevant representatives; and, 4) Sensei must agree to the composition. Maybe that's not all. But they are definitely worthy considerations. **Let's finish with something important: Never lose sight of the objective to keep Shinki-Budo alive and continue in the direction that Sensei wants.**

I have already forwarded the election results to the current members and elected members of the future committees. As announced prior to the second election, there cannot be 2 members from the same Dojo in the committees. In addition, Sensei had stipulated that he reserves the right to appoint two members. So Helmut Theobald is automatically appointed as the representative of Shinki-Toho in the Instructor Committee and Robert Schuetz from Düsseldorf is appointed by Sensei to the Instructor Committee.

**Thus, the vote counters, Laura Brosi and Sebastian Mehl, and I, Duncan Underwood, announce the following voting results:**

### The Examination Committee is composed of the following members:

Underwood, Duncan	5. Dan	Oldenswort
Buder, Claudia	4. Dan	Weimar
Kowallik, Henry	4. Dan	Dresden
Saager, Peter	4. Dan	Berlin
Rolli, Danijel	4. Dan	Edingen-Neckarhausen
Haaß, Matthias	4. Dan	Oberkessach
Hubl, Bernd	5. Dan	Wiesbaden

### The Trainer Commission is composed of the following:

Bolk, Birgit	3. Dan	München
Danner, Michael	4. Dan	Eggenstein-Leopoldshafen
Umlauf, Georg	5. Dan	Heidelberg
Clausen, Gunnar	3. Dan	Flensburg
Trzaski, Marius	3. Dan	Lahnstein
Robert Schütz	2. Dan	Düsseldorf
Theobald, Helmut	2. Dan	Königheim







**And in  
every  
beginning  
inherent  
magic**

## **Shinki Rengo Aikido Chur, Switzerland**

Monika Popp

**D**uring a complicated stage of my life in 2006, I was in search of something that could help me in finding my inner center. Through friends, I ended up meeting Henry Kowallik at Zelleschen Weg in Dresden. From the very first practice, it was clear to me that Shinki Rengo Aikido was precisely and exactly **what I wanted to do**. It just felt really great and I can't explain why. I was fortunate to meet many wonderful people, especially Nakajima Sensei. Step-by-step, I traveled on my path in Aikido and in my own personal development. What fascinated me was that even as a "lightweight" I had a chance to unravel the techniques so that Uke falls. **I did not have to be different to have a chance. I could personally develop at my own pace. I had the feeling, that as a human, I am accepted and welcomed – and vice-versa:**

**I accept that I do not avoid my opponent,  
but I must accept whatever comes from him.**

Since my family and I were based in Dresden, I could keep on training there. But my husband had a big career change in 2009. We moved to Chur in Switzerland and thus I changed my Aikido training. In Chur there is a dojo that is affiliated with Aikikai Liechtenstein, and it strictly follows the specifications of the Aikikai. Switzerland is not only south of Germany, but there the Aikido world is small. The majority of eastern Switzerland and Voralberg (Austria) are part of Aikikai Liechtenstein. Everyone knows each other well and supports one another and it is interconnected. But the Aikido world there is more regulated, much more than here, both in terms of the techniques and the "who, when, what, and with which graduation one has."





Since Chur is my new home, I tried to find a niche in a group, although sometimes it was quite difficult. But since Nakajima Sensei is my teacher, nothing changed since I moved. I continue to keep in touch, even though that it is often difficult, and I continue to test in Shinki Rengo. I secretly attend every Shinki seminar that I can.

But the farther I get in my development and the more I feel the need to put forth an effort, the more difficult my status became in the Aikido group in Chur. And again, chance again played a role, because I stumbled across a low-cost room with a 36 square-meter matted area. **Since early September 2015, Shinki Rengo Aikido is now being held in Chur. I am a guest of Henri Fleury (another Henri ... ;-)) at the Shotokan Karate School, training twice a week and once a month on a Saturday.**

Even though I said goodbye to the Aikikai group, it was not easy, and I repeatedly say (at least I'm not "highly graduated" and I often think that I don't have much but what I do have I could teach others...): I am proud to continue my path in Shinki and I am pleased to continue to learn from Nakajima Sensei and to lead my own group as a part of this community. **It is certainly not an easy path – we are just a few folks and sometimes training is canceled. But I train in Aikido, which I imagine and try to pass on as well.**

**And so I try to feel the magic of a new beginning with each new workout, to stay curious and open to everyone who comes - and I put my trust in the fact that the group is growing and flourishing.**



Text & Pictures: Monika Popp





## Shinki Rengo Aikido Mt. Pleasant, America

Scott Vogel

**A**fter graduating from residency training and moving to Germany, a colleague of mine, Reinhardt Boss asked if I would be interested in training in Aikido with him. He knew that I was looking to train in an internal martial art and he wanted me to go with him to train with some amazing Aikido instructor in Oberkessach.

Prior to starting Aikido, I had studied, Tang Soo Do, Hapkido, Tae Kwan Do, Kali, Hsing-i Ch'uan and Pa Kua Chang over the course of 12 years. I particularly liked Pa Kua Chang, and Aikido was similar in its circular movements and focus on Chi/Ki. We went to the Shinki Aikido headquarters dojo in early October 1991 and started Aikido training at that time.



## The fluidity and elusive power demonstrated by Nakajima sensei was what held my interest

I remember, in my early training, struggling not to fight the energy of Uke's attack and to try to connect to my center. Nakajima Sensei was very patient with me especially when I was challenged benefit or training in a purely defensive martial art (that did not take advantage of opportunities to strike back at the attacker, let alone to destroy the attacker). Over all I feel that I was very fortunate to train in Oberkessach, directly under Nakajima Sensei for 4 years in a row. During this time Nakajima Sensei fed me a "regular diet" of back issues of Aiki News, which were published in both English and Japanese, and fielded questions regarding my reading. I was also fortunate enough to train both frequently and intensely with my sempai, Duncan Underwood, which was what ultimately won me over to the Aikido mind-set. These experiences, in this small German town, ultimately sent me on a lifelong quest to understand and cultivate the effortless, martially effective connection call "Ki" demonstrated by legendary martial artists like O'Sensei, Takeda Sōkaku and Sagawa Yuki Yoshi







Almost every two to three years I have returned to Germany to Study with Nakajima Sensei and train with many of his outstanding Yundansha. It was very promising to see and feel how the Shinki Yudansha and even Nakajima Sensei continued to refine and improve on their Aikido skills and abilities. In particular, our three weeks of training in Japan in 2005 and Nakajima Sensei's Seminar at our Mt. Pleasant Dojo in 2010 solidified my resolve to study specifically Shinki Aikido.

In October of 1995, I opened the Shinki Aikido, Mt. Pleasant Dojo through the local community education program with just two small thin gym mats. With the help of two local Jodoka, Bob Cosan and Steve Thompson we were able to purchase some portable, Swain, tatami textured vinyl mats, which greatly enhanced the training experience. Ultimately the community education organization was not very dependable and our dojo now resides under the auspices of a professionally run fitness facility. Over the evolution of our Mt. Pleasant dojo, we have trained with over 300 students. The longest training, active Aikido student has been Bill Mrdeza, who has trained with me since 1997. In general we have anywhere from 4 to 12 students training in a given class. We expanded from one day per week to two and may actually move to three days of training per week in the near future. Our dojo just introduced a children's Aikido class under Brian Robert, 2nd Dan Aikikai, who has trained with us off and on for 5 years, as well as in Hawaii and Vietnam.







Maintaining contact and a sense of connection with Nakajima Sensei was never a problem despite our great distance. I have always found him very approachable, insightful and compassionate.

**On the other hand, it was somewhat difficult for students to identify with the greater Shinki organization that is generally too far away to ever visit, and having the primary language be one that very few of the students speak.**

One of the most cumbersome parts of having a dojo in a separate country is the rather mundane task of promotions and the exchange and transfer of documents, payments, and dues.

What keeps me most interested in Shinki Aikido is the focus on Ki. Shinki Aikido may have more techniques than many other schools of Aikido but we are not obsessed with the particular details. They seem important only as they relate to connection, fluidity, effortlessness, effectiveness and an abundance of Ki. In our Mt. Pleasant Dojo, we also share this focus on what O'Sensei called Ki. In addition though, with my exposure to other destructive forms of martial arts, and with the culture of violence in America, we place more emphasis on the awareness of conflict reality, especially regarding weapons defense.



Text & Pictures: Scott Vogel







# In the footsteps of O Sensei Ueshiba

**Text:** Claudia Buder / **Pictures:** Henry Kowallik

**E**ventually the daily step onto the mat leads back to the origin: Where did it all start?  
The chicken or the egg? Roll or mat?

In the beginning there was ... maybe it was O Sensei's thought, which became reality in 1935. Hombu Dojo became a reality. And it is still existing in the here and now, in absolute reality. So ... what does this reality look like? How is training in today's Hombu Dojo? **Where is Hombu Dojo's place in the Aikido universe? Can we still feel the original roots?**

**Zaidan  
Hojin  
Aikikai  
Hombu  
Dojo  
Tokyo**



Well, everyone who joins in the pilgrimage to Tokyo most likely has his own questions about that. No doubt: The Aikido world still meets at this original place. They arrive from all corners of the world to eternally perpetuate the atoms of origin through their sweat in their Dogis (to breathe the air of the founder and to take it with them in the sweat of their Dogis for all of eternity.) Question: Does progress mean regression when the leaf comes back to the root?

Wolfgang Kownatka says it quite clearly:

**Whoever glorifies yesterday, is not able, to transcend a tradition, which stills exist tomorrow. Therefore the present needs a continuous discourse about what parts of a tradition will be able to survive in the future.**

**May 2005:**

Looking back. First steps in the sacred halls. Everything is new. Carefully moving forward???? Everything clear? Freedom? Rules?

**Rules!!!**

Strict rules may very well lead to joy: No scuffling latecomer disturbing the silence of the session's beginning. Everybody is on time. Hai! Isn't it true that we should find the right time for the simplest of techniques as well as the length of our life? Everything has its own time ... in Hombu Dojo that is pretty early. The first ones are on the mat at 6.30 a.m. The last ones leave at 8 p.m. (well ... after everyone helps clean the dojo!!) 32 instructors for all these students. The abundance is impressive and the styles are as different as are the people. A saying says: If a thousand people look at the moon, there are a thousand moons. **But when Takeda Sensei visits the dojo it becomes clear: There are worlds between the root and the leaves. The branches with their leaves grow away from the original root and find their own way. Progress?**





May 2015:

Looking ahead. Into the dojo. Joyous recognition. Oops!! Taking your shoes off in time!! A quick glance at the sky - are you still a student or...?

Like back then - Doshu does the Japanese tradition credit: Stern look, straight face, precise technique, no flair, a direct way to Ikkyo.

Questions?? Exercise!!

The tradition exists, no thinking twice: No western why, what for-explanation. Showing - exercising.

And in training it is evident that connections are an important factor of social life. The mat doesn't separate us from the hard ground. The West is like the East.





### Conclusion:

No difference to 2005? Oh yes: More grey hair. The door for us opens a little longer and...the Doshu's son is on the mat, Mitsuteru Ueshiba. With him, his son, and other children happily rolling around between training sessions. Childish romping and a caring father among all the sternness. A smile on his face. An opening. Different than in 2005. **Then again, the style that his son, Waka Sensei, shows in training is his signature. Absolutely professional movements, youthful speed, no hesitating on the way down onto the mat. No experiments, following the tradition. Back to the very basics?**

It is dawning on me, what kind of responsibility the son is carrying. How to balance tradition and progress/evolution? When all the world focuses on the point of origin, how will he move? The root stays still, the leaves evolve/move on.

2005 - 2015: The years have revealed a part of the way.

**Tradition: The end of the beginning.  
Progress: The beginning of the end.**

(KarlHeinz Karius)

And we in the middle. Every one carries its beginning and its end in itself. Thanks goes to our Sensei Michael Daishiro Nakajima! He with his big heart, made this insight possible. Domo Arigato!!



Text: Claudia Buder



Pictures: Henry Kowallik



# Aikido, the Way of Harmony

**Text: Rick Soriano**

It was May 1995, in Skopje, the capital of the Former Yugoslav Republic of Macedonia (FYROM). I was walking down a crowded street with numerous outdoor restaurants, wearing my U.S. Army uniform with the U.S. Flag on my shoulder, and wearing a United Nations Blue Beret. Yes, I was armed with a 9mm pistol (locked and loaded, in my shoulder holster), and so was my noncommissioned officer (NCO) who was accompanying me.

An old Macedonian man came up to me, called me “comrade” and asked me, in Russian, if I spoke Russian. I answered with “nyet” (no, one of the few words I know in Russian). I asked him if he spoke English. He said “nyet.” He then asked me “Parlez-vous Français?” (French) ... I answered with “no.” I asked him “Hablas Español?” (Spanish) ... no. Then I asked him “Sprechen Sie Deutsch?” (German) ... finally a yes ... he replied with “ja.”

We started to converse in German. The old man patted my shoulder as we conversed and he was smiling. He then started getting excited and irritated and asked why the President did not get involved in stopping the atrocities in Bosnia (we did enter Bosnia later in December of 1995). I could see and feel the change in the old man.

## **At that point, the old man grabbed my right shoulder with his left hand and threw a punch towards my face (katadori-menuchi).**

Without thinking I executed “Ikkyo” and stopped short of bringing the man to the ground. I then said “Bitte, nicht!” (please don’t). He started crying, and as I released him, he apologized to me profusely. I then noticed the crowd around me. My NCO looked a little concerned. But as soon as the man started apologizing the crowd dissipated and the old man went back to talk to his friends. He was crying because he was so embarrassed.

As I walked away with my NCO, I remembered the famous Terry Dobson (an uchi-deshi to O’Sensei) story about the old Japanese man in the train, who calmed down an angry drunk man. Almost the same peaceful resolution. I then thought about the boxing classes and Army combatives that I learned in my Infantry courses and Ranger School.

Imagine if I had reacted with one of those martial arts or if I were a karateka or other “external” martial artist? I could imagine the newspaper headlines: ‘A U.S. Army officer assigned to the peacekeeping mission in FYROM, armed with a pistol, injures or kills an old man.’ **Reacting automatically, and without thinking, with an ingrained Aikido technique, gave me the opening to many options. Fortunately, everything turned out peacefully, without bruises, broken bones, or worse. At that point, I realized that Aikido is an effective martial art, even if you are armed with a weapon. Aikido is more than a physical martial art. It is the way of harmony.** It is too bad that Aikido often gets criticized by many who do not practice the mental and spiritual sides of their martial arts.



Text: Rick Soriano





# Unaccompanied Minor Refugees and Aikido

Text & Pictures: Peter Saager

For a long time I toyed with the idea of how I can contribute actively in aiding refugees. At the Dojo I spoke with several members about it and received much help. Some have taken on sponsorships; others took part by donating. We focus in Aikido training on such values as respect or that Uke gives so that Nage may develop. We carry the syllable “Ai” in our mouth and talk about Aiki, which also means meeting and coexistence. But if we just talk about it ... and with all the political toing and froing, the pros and cons of the argument, time just passes. Now the opportunity came for me.





Last weekend, a friend of ours invited us to her birthday party. She works as a social worker for youth welfare and we talked about her current undertakings. On Monday, November 16, she stood with four unaccompanied minors from a group of 32 people in front of our dojo. We arranged that they could participate in our youth training (10-15 years). They were young men from Afghanistan, Syria, and Lebanon, who had fled alone without their families from their homelands or who had lost their family on the journey. They were ages 15 to 17 years old.

After registering in Germany they had been housed in the Horst Korber Sports Center in Berlin-Charlottenburg. There they are waiting for the clearance process to obtain a residence permit. The underage boys are supervised in cooperation between colleagues of two youth welfare bodies (Contact-Youth Services and Education GmbH and Zephyr eV) of the district of Steglitz / Zehlendorf, and supported by numerous volunteer helpers. The project is a funded by the Berlin Senate performance of the youth welfare.

Our friend told us that she was primarily concerned with the young people because they have nothing to do all day. She had shown them our Aikido videos and all of them expressed an interest in coming and participating. I told her that we could begin with four young men to see how it goes and how things would turn out. They could change in a separate room (our yoga room). We had Aikido pants ready for the four young men. I informed Deniz (who helps me conduct the Youtg Program on Mondays) in advance of the visit, but not our students because I wanted to create an open situation.





At first I thought that the young men would be much older, at least 18-23 years. I knew that they speak neither German nor English or French, so I resorted to my skills as a pantomime. I'll do that very often in training for the kids - or even adults, especially if I imitate what I see in training. Along with sign language, it went very well. First, our „young people“ and our visitors participated in the breathing exercises and the warm-ups together. I tried to explain that a breath at the same time begins and ends with a movement and I tried to show this principle with various movements. As well as all this explanation, I had them imitate the exercises. I simply showed only loud breathing with movements. We then split into two groups. I observed our visitors and Deniz supervised our TomoSeis. In my group, we had the role of forward and backward on the ground, Tai Sabaki and from Gyaku hanmi sumi-otoshi practiced with Irimi-Tenkan. The young visitors were very concentrated, all wanted to do it right and if anyone thought he had understood something, he helped the other. However, if something went wrong, they all laughed like little boys. From my point of view, I addressed this with our friend and she said that the experience of being a refugee makes one older to some extent.

At the end all left the mat and wanted to take a shower. We formed again and I said goodbye with a handshake from the new „students“. I then talked to a girl from the youth group about the training. She is 13 years old and has been with us for more than four years. After I had told her who the young men were, she said that she thinks it is wonderful that we would do something like that and that those visitors might want to come back to training.

Afterwards the adult beginners training started; and during the warm-up I looked through the window in the hallway. Our visitors bowed „goodbye“ in our direction. What happens next, I do not know. I suspect, on Monday, at least four will come back. I look forward to it.



Text & Pictures: Peter Saager

# Seminar Reports



The  
simultaneity  
of pattern  
and content.

# Seminar in Weimar

**Duncan Underwood / 28. & 29. March 2015**

**Text: Lukas Underwood / Pictures: Jann-Volquard Hansen**





Location: Weimar

Every seminar starts pretty much the same. I wait with Jann in Hamburg until Duncan and Gunnar arrive. We load our stuff and head south. Metallica brightens up the long drive and Gunnar had packed too many sweets. We switch from good conversation to humble singing of our favourite songs.

Of course, every seminar is different and special in its own way, but Weimar always has a special atmosphere. This isn't because Weimar is known for Göthe and Schiller, but because of Claudia's well-filled stock of beer and wine and also the lovely kindness with which we are greeted at her home. And so we all sit together until two in the morning having an interesting discussion about the connection between pattern and content. I represent my, I have to admit, very materialistic and sociological point of view, that content is determined by the pattern. Duncan argues the counter-point that the human subject is the most important thing, because one fills the pattern with content. But as time goes by, even the most convinced of us get tired and we all go to bed.





It's Saturday and the alarm goes off way too early. After a nice breakfast, we head to the Dojo. The old building, which used to be an indoor swimming pool with its mosaic wall with people swimming, has its own charm. There are many familiar faces, but there are also some new ones. The training is tough and Duncan emphasises the importance of Tai-Sabaki. He says, that this is so important, because we can train for ourselves to move our body as a whole. Duncan is looking at me, I have to look relaxed. "Lukas, relax your legs!" he says. Easy to

say for someone who doesn't have a size 48 foot (13 ½" foot). **Every technique is different, but Duncan knows how to emphasise the similarity. The quintessence, in Duncan's words, of the first training session could be the following: "Aikido needs a sharp entrance, after which we can accompany the partner relaxed."** We train, we sweat, and finally it is time to break for lunch. As always, the food at the "el Nino" is very good. After lunch there is still a little bit of time to rest before the second training session starts.



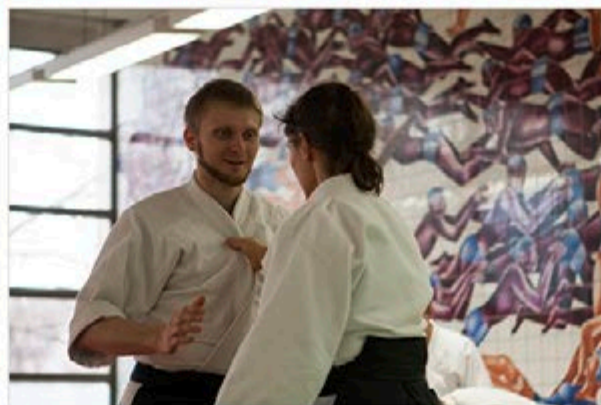
The second training session feels absolutely different to me. Somehow I can't manage to handle my post-meal coma and so I try my best to find the intensity from the last training, but can't. Duncan shows his favourite attack, munadori, where the knuckles of your partner are rubbing against your sternum. After training with Duncan I always feel this so unremarkable bone very strongly. **With this attack, as usual, it's very important to fill up the centre with Ki and, how Duncan says, "pull yourself over" the uke, so you can take his centre and seal his fate with the entrance. So, it is the bearing of the subject, the consequence with which you step in which determines the pattern.** After the second training there is also an exam where Gunnar is Uke. The young fellow is doing well. After Gunnar, I serve as the examinee's Uke. I pull myself together and don't make it too easy for the examinee since he has to prove that he trained hard and earned the graduation. He deservedly passes and we celebrate it in the evening with a great dinner and, as usual, great music performed by Claudia and her students. Our friends from Dresden also give us great pleasure by performing and I find myself hypnotised by the agility with which Henry moves his fingers on his guitar.

Due to the change to summer time, the alarm on Sunday goes off even earlier; nevertheless, I feel refreshed. During meditation Duncan says something obvious which I never really realized:

**"In meditation nobody can tell you that you get better, you have to sit alone on a daily basis and study diligently."**

Of course this is also true for Aikido, with the difference being that your partner can provide you feedback. It is probably because of that, that meditation is so difficult and so similar to Aikido in its difference. Duncan emphasized that a serious attack is the basis for serious training, without that there is no substance. And so we train to react in a relaxed manner, but at the same time we are sharp against Tsuki and Jo attacks. This is, Duncan says, the essence of Aiki.







At the end of the seminar I had to think back at the discussion about pattern and content and the positions of Duncan and myself, which seemed to be so contrary. As so many times before when I argued with Duncan, I can see the quintessence, which results out of our positions which appeared to be so different, of the whole after a couple of days. And so I think we were both right: without a strong pattern, it may be a serious attack or the right posture while meditating, there can't be a development of Aiki. But without the right content, which has to be developed by everybody for himself, Aiki can't develop either. Neither pattern nor content are random. **What's left from the seminar in Weimar did not solve the question of which comes first, the chicken or the egg, but the knowledge about the importance of simultaneity:**

**a serious practitioner full of content who is training seriously without the pattern with content.**



Text: Lukas Underwood



Pictures: Jann-Volquard Hansen



# Youth Seminar in Oberkessach

**Michael Danner / 16. & 17. May 2015**

**Text & Pictures: Charlene Jehle & Michael Danner**



**Location:** Oberkessach

**F**or the 7th time, the Youth Seminar this year took place on the weekend of 16 and 17 May 2015 in Oberkessach. At this Seminar, the youth groups from Leopoldshafen and Lahnstein visited Shinki Dojo to train and to live. Participants were all young people, age ten years and older

The journey began on Saturday morning. Upon their arrival, the participants and their instructors had the pleasure of attending Nakajima Sensei's

Saturday training in which some adult Aikidokas from Shinki Dojo also took part. On Saturday afternoon and on Sunday morning more training sessions were held, led by Michael Danner, Marius Trzaski, and Jochen Schroeder. During the sessions, Aikido was indeed in the foreground, however there were, some Daitoryu and Shinki Toho techniques. Marius also provided training on how to de-escalate conflict situations. The last training on Sunday was significantly quieter when we conducted Qui Gong exercises.



As in previous years, all of the participants helped prepare lunch. Then we went to the playground, where the young people were able to have fun playing soccer, Frisbee games, or on the playground equipment. In the evening, we all had a barbecue before the group departed for an evening walk. The young people gathered, when it got dark and Jochen told them about the legend of two brothers who had buried a treasure. The children journeyed with wooden sticks to seek the treasure. Tired, but of course successful, all returned to the dojo, where the mats and sleeping bags were waiting.

On the last day after training, we conducted the usual Dojo cleaning, and then there was time for a few rounds of Viking Chess before everyone departed on their journey home.

**The participants had a lot of fun during the Seminar, especially the younger ones who were here for the first time. It was a nice experience for them to get to know Nakajima Sensei personally.**

With only seven youths at this year's Seminar, attendance was relatively small; but we very much hope that more youth groups will participate next year. The object of the Youth Seminar is to share experience between the various youth instructors and to strengthen the cooperation between Shinki Rengo youth groups. All in all it was, once again, a very nice, intense and successful weekend.

Text & Pictures: Charlene Jehle & Michael Danner



# Summer Seminar in Oldenswort

**Duncan Underwood with Claudia Buder, Henry Kowallik, Gunnar Clausen,  
Carin Klammborg and Henrik Menzlin**  
**27. June – 1. August 2015**

**Text: Svenja Clausen / Pictures: Jann-Volquard Hansen**









The weather that weekend (Storm “Hans”), all during the seminar, was significant. During the seminar week, the weather was full of rain, coldness, a ray of hope, and more rain. But our campers bravely endured the entire week. The positive side about the rainy weather was, it was not as hot as usual in the training hall.

Claudia began the seminar with the approach (as I understand it) that

**“Aikido is flowing movement.  
No standstill.”**

And so we practiced, determined to do Sabaki (movement) flowingly, without stopping between each Sabaki; but all the while, not being indifferent or inattentive.

Later, during Claudia’s instruction, we broached the topic of Jiu-waza and connected it with the movement of our Sabaki. Not hectic, but letting it flow carefully. I hope that one day I can be so dynamic and flowing as Claudia is.

Henry placed great emphasis, during his instruction, on not forcing one’s Uke. I noted that “I should invite my Uke to enter as if inviting a neighbor to enter.” I thought about this long and hard, and so hard that I discussed this concept further with Henry during dinner. This concept stuck in my head. Henry’s style, I felt, was commanding throughout the entire instruction and at the same time, very sharp.







Gunnar was also different. He was dynamic and present at the same time. Since I had the good fortune to come forward as Uke, I could observe his instruction and techniques firsthand. During the training, Gunnar remained concentrated in his style. **A nice occurrence for me was when Gunnar showed Henry's techniques and showed that the two styles are not mutually exclusive. So I practiced with Gunnar's technique in mind and Henry's analogy in my ear. And then, suddenly, I understood the commonality.**

**My conclusion was:**

**doubt less, do more. Understanding comes through training.**

Now for Shinki Toho. Since Carin and Henrik shared the instruction, it was possible (to my great joy) to train in three groups. Carin took over the advanced students and experts. Henrik devoted himself, with enormous patience, to our beginner group (what I call the "Crawling Group"). Henrik went over the individual movements with us and the sword positions from scratch. Then we practiced the proper opening ceremony and closing ceremony, with the correct movements and grips, and in the correct order. Thanks to the "toddler group," I now feel that I am good enough to participate in Duncan's training in Oldenswort in the future.









Upon the conclusion of the Summer Seminar, as always, we enjoyed a relaxed atmosphere with grilled, homemade Salten, breads, and cakes. It was a logistical feat to fit all of the campers in the same kitchen. And as always, the singers and musicians provided an evening full of entertainment. Eating, drinking, and the music were great, even though the weather was unfortunately not. **It was 10 degrees Centigrade (50 degrees Fahrenheit) and probably one of the coldest Summer Seminar BBQs that I have attended ... Brrr! But with layers of clothes and the coziness of being together, the evening was nice and the course ended wonderfully. So, until next time in Oldenswort; and in conclusion: Practice, practice, practice.**



Text: Svenja Clausen



Pictures: Jann-Volquard Hansen

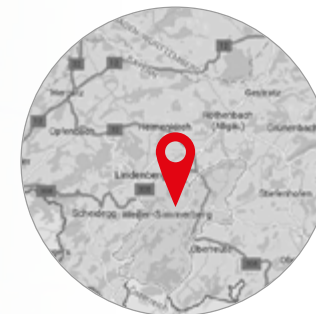


# Summer Seminar in Weiler

**Nakajima Sensei / 25. – 30. August 2015**

Text & Pictures: Steffan Lesser





Location: Weiler

It's always special to take part in a seminar with Shihan Nakajima. No training in your own Dojo comes close to this wealth of experience that he kindly shares with us. In addition to intensive training, the social component is worth mentioning. At each course you meet familiar faces, people whom you end up cherishing.

But something extraordinary occurs during the annual summer seminar. Instead of just one or two days to practice together under Sensei's leadership and exchange ideas, we offer this course with 6 full days of intensive training. For an entire week and for several hours, we delve into the various forms and principles of Aikido, Aiki Jujutsu Daitoryu, Itto-ryu Shinki Toho Kenjutsu, and the intense silence during meditation, all in the spirit of Shinkiryu Aiki Budo.

This year, the summer seminar took place for the third time, from 25-30 August, in Weiler im Allgäu. The health resort is nestled in one of the fantastically popular vacation regions in Germany. The Allgäu is often considered the epitome of idyllic tranquility and stunning scenery. An ideal setting for a very special week of training.



Again, familiar faces were among the participants and also a few new faces. In the course of joint practicing the new faces quickly became well-liked acquaintances. 5 hours of daily training and joint meditation melded together. Although the summer temperatures were pleasant, the training was associated with a lot of sweat. Exhausting? In all cases, yes! There was a lot of experience – after all, everyone on the mat totaled more than a few hundred years of martial training experience. Each training session was 2 1/2 hours that really challenged the body and the mind. Every participant enjoyed the challenge. As Sensei said:

**"If all the physical and mental power is consumed, the Ki begins to grow ..."**

And the Ki of each participant grew this week with safety! It was nice that not only experienced martial artists, but also a lot of beginners participated in this unique summer course. It was striking, and definitely worth saying, that everyone dealt with each other with utter care and respect, regardless of one's knowledge. There was always a togetherness, with more experienced participants helping and showing the less experienced ones how to complete exercises. Literally one for all and all for one in the spirit of Budo.

Everyone brought their own experience and expertise to the "mat community." A positive side effect of the seminar, that I observed, was how the beginners were more focused, serious, attentive, and devoted after the week-long seminar.







But in addition to the Keiko on the mat there was more: joint meetings at the dinner table, the group exploration throughout the vacationing region during the free hours, a joint excursion on Thursday afternoon and - almost a tradition - a farewell banquet at the Bräustüberl Simmerberg Restaurant. This year everyone liked the restaurant so much (greetings to Nelli :) that they visited it again the next day before all the participants, although tired but visibly „Ki-filled“, headed home and back to their everyday life.

For me, those 6 days are a very special time during the year, not only in terms of training. I thank Sensei for the great time. Along with his uchi deshis, Mathias and Helmut, who supported us throughout the seminar with their wealth of experience. I am grateful to our many guests who not only brought a lot of years of mat experience, but also enriched the atmosphere with their personalities. I look forward to seeing everyone again in 2016 during the 4th annual summer seminar in Weiler.



Text & Pictures: Steffan Lesser





# Kata Seminar in Pforzheim

**Matthias Böttcher, Michael Danner, Edme Hardy and Jochen Schröder**  
**5. September 2015**

Text & Pictures: Edme Hardy



Location: Pforzheim

**O**n September 5, 2015, the second Kata course took place in Pforzheim with Matthias Boettcher, Michael Danner, Edme Hardy, and Jochen Schröder. As with last year, and by invitation of Judo Club eV Pforzheim, we spent a day introducing and practicing the details of Aikido Shinki Rengo Kamae-Undo to Kata Tenchi. At 09:30 am, after meditation, we practiced the eight Katas two hours in the morning and then two and a half hours in the afternoon. Every instructor prepared in detail two forms and

presented them. Priorities were adjusted according to the wishes of the participants. Although there is little time to practice the various kata during regular training, the Katas are important during tests. We felt the Kata course was very beneficial, so much so that we are planning a Kata course again next year, hopefully with more participants. Those who are interested can contact Matthias Böttcher so that he can determine a suitable date in which the greatest number of participants can attend.



Text & Pictures: Edme Hardy





# Seminar in Heidelberg

**Nakajima Sensei / 26. September 2015**

**Text: Karl Kiening / Picture: Rick Soriano**



Location: Heidelberg

**F**or the second year in a row, we invited Nakajima Sensei to instruct a seminar at our Dojo. 28 participants registered for the seminar, which unfortunately, quickly filled up our Dojo.

This time, for me, it was as if it were my first day of school. The excitement of preparing for the seminar took hold of me. But the "stage fright" subsided as the members of PSV-Heidelberg swept the Dojo and

welcomed the guests. The meditation session helped me settle and focus from the "outside" to the "inside." From "doing" to "being." "I'm here, healthy, motivated, curious... What a privilege to learn Budo today with everyone." Gratitude and joy developed. Then the opening bows and off we went with Daitoryu: "Aiki-age – Aiki-sage." It is always startling to achieve such a great effect in such a confined space.



Sensei explained: "First win upon contact, but without straining. Then project your Ki forward to Uke and overwhelm him with all of your Ki the moment that you let your technique flow." My learning curve took a steep climb upwards. Slowly, a stillness seeped through my body. Great! With Aikido it was slow and easy until lunchtime.

In the afternoon, we again did Daitoryu and then Aikido. Focus is often placed on the inner workings of the technique and our attempt to force the throw. There is often too much power in order to bring about quick success. Sensei advised us that "One should properly and safely lead Uke, then allow things to develop. Aikido is harmony, not conflict, and that results in effective Budo." This was exactly my issue:

**"hurring and inner pressure leads to failure."**

Then Sensei called me forward: Hanmi-handachi, Gyakyu-hanmi. And his technique? "Forget the grasping hand. Do not worry. Just let it happen." Uke will think "why isn't he doing anything with his hand?" Sensei's hand, that was being grabbed, remained empty so that I doubted whether I could believe anything was going to happen. Then, my unsuspecting hands became part of his Shiho-nage and then I was on the mat. Afterwards there were promotion certificate presentations, a successful Nidan exam, followed by our gift presentation; and, of course, the group photo at the end of the seminar.

Good times and satisfaction and then we met for dinner at the Italian restaurant near our Dojo. It was a day in which we developed new body-mind skills. The world looked differently, much better. What remains to be said was our sincere thanks to Nakajima Sensei and our deep desire to repeat this experience again next year.

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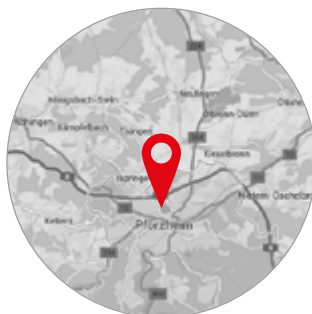
Text: Karl Kiening Picture: Rick Soriano



# Seminar in Pforzheim

**Duncan Underwood / 3. & 4. October 2015**

**Text & Pictures: Matthias Böttcher and Martin Engel**



Location: Pforzheim

**A**n Aikido seminar, with examinations, took place in Pforzheim from 3-4 October 2015. We, the Aikido department of Judo Club Pforzheim eV wholeheartedly thank Duncan Underwood, who led an impressive course for all of us. Every year on the third day of October there is a seminar in Pforzheim. And this annual event will continue to be held. I have taken the opportunity this year to ask our trainer, Matthias Böttcher, some questions about this seminar.



**Martin:** Matthias, please tell me why you have been regularly hosting a seminar on 3 October in Pforzheim?

**Matthias:** The „traditional unit seminar“ as it is officially known, has a famous model, namely the Father's Day seminar in Neuhofen in the Palatinate. There, for more than 40 years, Hans Hohenadel hosted a seminar every year on Father's Day. Hans was German Aikidoka and from the beginning he was a major inspiration for the founding of the Aikido group. My predecessor, Rudi Giese, was impressed by this teaching model and the fact that many Aikidoka had this seminar in their calendars for over 40 years. So he launched a new tradition, namely the seminar on 3 October.

**Martin:** But why on 3 October, the Day of German Unity?

**Matthias:** Many people are not necessarily committed in celebrating the 3rd of October in its actual function as a national holiday. It is simply seen as a non-working day and there are a lot of sillier leisure things to do than Aikido. But Aikido is very suitable to connect the hearts of mankind.

**Martin:** So you could say: the holiday on which the unification of the two German states, the abolition of arbitrary separation, is perfectly spent training in Aikido, the way of bringing the universal power in a common direction?

**Matthias:** Yes, one could see it that way.

**Martin:** So I have never associated Aikido with the Day of German Unity. I really like this view of my hobby and the history of Germany. When did these seminars start?

**Matthias:** The first course was (let me think) in 2002, but we cancelled it during the 2nd or 3rd year due illness, so a total of 13 annual seminars, and this year with Duncan.

**Martin:** I always thought that this is just a normal seminar like every other, but that someone has put so many thoughts into it, this is quite impressive. Are there more thoughts on this?

**Matthias:** JYes, there is more. The seminar originally started at a time when we were in the Tendoryu Association and we were an even smaller section. Our trainer was only a 1st or 2nd Dan. There weren't very many opportunities for trainers to advance. That's why the idea of a seminar that included teaching larger, mixed groups with a more experienced Aikido trainer. The preparation from a longer training seminar to focus on extensive training and focusing on Aikidokas in preparation for examination was, prior to this, not available. So it was obvious (laughs) that in our backwater province, we could experience a good seminar with the help from more experienced trainers.

**Martin:** Is this still a motive when planning your seminar?

**Matthias:** Today, we are of course in a much more comfortable position - the Shinki Dojo in Oberkessach is easily accessible, there is also in our immediate vicinity, several dojos with excellent trainers. That is why this aspect is somewhat mitigated in some way. Duncan Underwood, whom we invited this year, is the most experienced coach we've ever had. Others had the opportunity to conduct a training course for the first time in recent years. Rather, the emphasis is now a bit on the opportunity to offer our Aikidoka to get to know these teachers.

**Martin:** So the focus now is on the strong participants and their experiences in the course. Have I understood that correctly?

**Matthias:** Not exclusively, I think I am betraying any secrets if I say that not only do the participants benefit, but also I, as the head of training, benefit. I get the opportunity to see other, deeper aspects of the training and examination program. So the concept is instructional in all dimensions.

**Martin:** Are there any other additional reasons why someone should go to the "province/backwater" in Pforzheim to attend the seminar?

**Matthias:** A tradition of 13 years, promises of a seminar with great atmosphere, and many other things. Otherwise, the course offers a lot of possibility to visiting Aikidoka and teachers. In addition, we are expanding the course by several days, especially when 3 October coincides with a weekend. We celebrate together in a family atmosphere, Shinki-typical with artistic performance by the participants and all of the trimmings. Do you need other reasons why you should visit our Aikido seminar? :)

**Martin:** Are there any special memories of any of the seminars?

**Matthias:** There are a lot of memories of each of the seminars. For me, personally, it is always something special when I get to see a different perspective from others. And more importantly, it is when the trainer is able to get my students to do things enthusiastically when they don't do those things during normal training sessions.

**Martin:** Oh, that was probably directed at me. But such a seminar has its own dynamics and can motivate even motion dyslexics like me ... Is there anything else you would like to tell the readers of this little interview? ...

**Matthias:** I wish you all a good and peaceful time and hope we see you again before 3 October of next year.

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Text & Pictures: Matthias Böttcher und Martin Engel

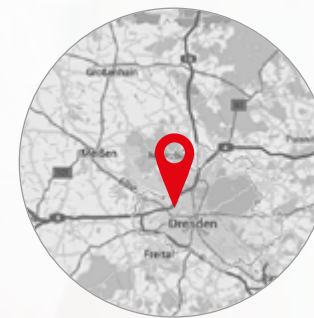


# Seminar in Dresden

**Nakajima Sensei / 14. & 15. November 2015**

Text: Susann Habicht / Pictures: Jann-Volquard Hansen





Location: Dresden

Once again, we had a chance to work together in Dresden, laugh, grow together, and spend some good time together. On 14 and 15 November, 86 inquisitive, cheerful spirits gathered in a slightly smaller hall than usual. But this did not detract from the joyful gathering and exercising. The hall was quickly prepared for practice. We were full of enthusiasm and with open hearts, focused our attention on meditation, Shinki Toho, Aikido, followed by Daitoryu.

All of our learning this weekend was accompanied by knowledge that Sensei imparted along the way: namely, the deep connection between everything and the resulting harmony. In harsh times such as now, in which one feels helpless and wants to retreat into one's own shell, it becomes even more important to practice unselfishly. We can only change ourselves, but a seminar affords us the opportunity to change with great support and mutual help from others. Don't forget the great power of joy, that opens the heart and washes away self-centeredness.







I was happy to start exercising and soon wondered about the fact that my body was more exhausted than it should have been. But my mind knew the temptations of the body and it knew that my body could accomplish more.

**Again and again I was surprised by the many facets of the same technique, which was revealed when practicing with different partners.**

When Sensei showed a technique I superficially understood what I had to do. But the uncoordinated movements of my hands during the technique showed me quickly that I probably did not see everything. **I found it more helpful and instructive to concentrate and feel the possibility of the different aspects of the technique with each different partner.** And the further development of the technique was easier when you understand the basics.













At the end of the training on Saturday were five tests, which we were allowed to watch. Deep down inside, I felt for the test candidates and was fascinated by their concentration as they took their test. Soon after, we learned that Swenja, Katrin, Monica, Dennis, and Michael all passed their tests. Unfortunately we were not able to congratulate the candidates for long because we had to depart the training hall due to the next group showing up. One might think that this disturbance would have derailed the plans for the evening; however everyone cooperated and we were able to accomplish the impossible: vacate the hall quickly and transport everyone, the drinks, and the potluck food to the Dresdner Dojo, almost as if this were all planned out. We ended the evening comfortably with some culinary and musical delights.

Thanks to the help and dedication of many helpers in minor and major roles that weekend. Every hurdle was mastered quickly and the time spent together was enriching. Even though saying goodbye was once again difficult, we knew that the next seminar is just around the corner.



Text: Susann Habicht



Pictures: Henry Kowallik &amp; Jann-Volquard Hansen

# Graduations

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16. August – 21. November 2015



## Aikido

10. Kyu	Kretz, Ellen	Weiler
10. Kyu	Renn, Elias	Weiler
10. Kyu	Rößel, Mariella	Weiler
10. Kyu	Gasche Quint	Weiler
10. Kyu	Rabitz, Lenny	WI-Sonnenberg
9. Kyu	Vornholt, Jan	WI-Sonnenberg
6. Kyu	Zuber, Justin	WI-Sonnenberg
5. Kyu	Welzer, Marko	Berlin Tomosei
5. Kyu	Küllmer, Zora Lina	Berlin Tomosei
5. Kyu	Ohnimus, Stephan	Berlin Tomosei
5. Kyu	Sanselzon, Felix	Berlin Tomosei
5. Kyu	Müller, Alfred	Pforzheim
5. Kyu	Piras, Clemens	Pforzheim
5. Kyu	Heizmann, Heinrich	Pforzheim
5. Kyu	Wohlleber, Sophia	Pforzheim
5. Kyu	Lord, Tom	Wiesbaden
5. Kyu	Becker, Amadeus	Cottbus
5. Kyu	Bieber, Maike	Oldenswort
4. Kyu	Dieterle, Michael	Oberkessach/Waldbach
3. Kyu	Büchner, Stefanie	Berlin Tomosei
3. Kyu	Kranich, Soeke	Berlin Tomosei

3. Kyu	Weigel, Friedrich	Berlin Tomosei
3. Kyu	Siebecke, Michael	Berlin Tomosei
3. Kyu	Isele, Marc	Berlin Tomosei
3. Kyu	Budnychenko, Yurii	Berlin Tomosei
3. Kyu	Diesner, Mark-Oliver	Berlin Tomosei
3. Kyu	Harutyunyan, Harutyun	Berlin Tomosei
3. Kyu	Wilken, Ludger	Berlin Tomosei
3. Kyu	Schulz, Elmar	Cottbus
2. Kyu	Jehle, Charlene	Karlsruhe
2. Kyu	Müller, Johannes Christian	Karlsruhe
2. Kyu	Dachs, Jens	Edingen
1. Kyu	Schneider Daniel	Cottbus
1. Dan	Popp, Monika	Chur/CH
1. Dan	Erberich, Michael	Berlin Tomosei
1. Dan	Seven, Deniz	Berlin Tomosei
1. Dan	Clausen, Svenja	Oldenswort
(Recognized from other organizations as 1. Dan)		
1. Dan	Brand Monika	München
1. Dan	Laur Leonhard	Weiler
2. Dan	Wender Katrin	Leipzig

## Daitoryu Aiki Jujutsu

5. Kyu Briegel, Steffen  
 5. Kyu Laur, Leonhard  
 5. Kyu Schmidt, Brigitte  
 5. Kyu Wenzel, Thomas  
 5. Kyu Niederbacher, Petra  
 5. Kyu May, Johanna  
 5. Kyu Parvaneh-Sayar, Mohammad-Hosseini  
 5. Kyu Sanselzon, Felix  
 5. Kyu Weigel, Friedrich

4. Kyu Dieterle, Michael  
 4. Kyu Neuwirth, Claus  
 4. Kyu Rotter, Tajalli  
 4. Kyu Rauscher, Matthias  
 4. Kyu Mensch, Friederike  
 4. Kyu Mann, Georg  
 4. Kyu Schmid, Ilias  
 4. Kyu Schluff, Steffe

3. Kyu Kranich, Soeke  
 3. Kyu Katzer, Liane  
 3. Kyu Linsenmeyer, Bertram

Weiler  
 Weiler  
 Weiler  
 Weiler  
 Heidelberg  
 Oberkessach  
 Wiesbaden  
 Berlin-Tomosei  
 Berlin-Tomosei

Oberkessach/Waldbach  
 Heidelberg  
 Heidelberg  
 Heidelberg  
 Heidelberg  
 Ulm-Jablonski  
 Ulm-Schmid  
 Mannheim-Remp

Berlin-Tomosei  
 Düsseldorf  
 Weiler

2. Kyu Fischer, Heike  
 2. Kyu Haas, Daniel  
 2. Kyu Schütz, Robert

1. Kyu Lesser, Stefan  
 1. Kyu Fries, Michael

1. Dan Zipser, Erwin  
 1. Dan Wolf, Thomas

2. Dan Krabel, Markus  
 2. Dan Friedrich, Birgit  
 2. Dan Six, Nicolas

3. Dan Hubl Bernd

Okugi-3 Dan Ermarth, Enzo

4. Dan Umlauf, Georg

5. Dan Rolli Danijel

Wiesbaden  
 München  
 Düsseldorf

Weiler  
 München

Bartholomä  
 Düren

Heidelberg  
 Oberkessach  
 Oberkessach

Wiesbaden

Edingen

Heidelberg

Edingen



# Seminars

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2015/2016



## Seminars with M. D. Nakajima

30.12.2015 – 01.01.2016	Oberkessach: Turn of the year
06. – 07.02.2016	Waldbach, Aikido Dan Seminar (from 1. Kyu)
05.–06.03.2016	Bartholomä
15.–17.04.2016	Landau, Daitoryu (Tim Tung / M. D. Nakajima)
07. – 08.05.2016	Edingen
18. – 19.06.2016	Weimar
25. – 26.06.2016	Düsseldorf
02. – 03.07.2016	München
23. – 28.08.2016	Weiler, Summer Seminar
24.09.2016	Heidelberg
08. – 09.10.2016	Euskirchen
22. – 23.10.2016	Berlin Tomosei
12. – 13.11.2016	Dresden (may be changed to 26.–27.11.16)
19. – 20.11.2016	Leopoldshafen

## Other Seminars

13. – 19.12.2015	Bernd and Petra Hubl, Fuerteventura
25. – 30.07.2016	Duncan Underwood, Oldenswort, Summer Seminar



# Arigato gozaimasu

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## Ausblick Shinki News No. 3

The next edition of Shinki News will be published in March 2016.

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

Have a Merry Christmas and Happy New year and a lot of fun and energy during training!  
Shinki-News Team

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