



# SHINKI NEWS





# Onegai shimasu

## Editorial

Text: Lukas Underwood

Dear Members,

Finally, the Shinki-News No.4 is done and as you see, compared to the last one, this issue got smaller. We talked about the reasons for that in the last issue, but I want to remind you that you should contact us as soon as possible if you want to write an article, so that we can discuss it.

Johannes Hoffman, one of our newest members, made a great movie about Aikido. He was supported by Duncan Underwood's Aikido Group, the Aikidokas from Bad Segeberg who train with Hans Carstens; and on the musical side by Claudia Buder. He drove all the way to Weimar for the production of the movie and the result is a great movie which you can watch at this link:

**Watch video**

(<https://vimeo.com/153390527>)

We thank all of you for the positive and critical feedback and we are very happy, that this project is developing so wonderfully due to your support. After Sensei's newsletter you will find an interview, conducted by Lukas with Sensei in Waldbach and which covers the past, the present, and the future of Shinki as a topic. Also, you will find the second part of the article about Aikido with under-aged refugees in Berlin (Peter Saager), an article about the tenth anniversary of the youth training in Leopoldshafen (Michael Danner), a few words about the annual Kata Seminar (Edme Hardy), and an article about the International Daito-ryu Seminar with Sensei and Tim Shihan (Christina Ahrens).

We hope that you enjoy this issue.

Your Shinki-News Team



## Contents

---

Shinki News No. 4 / June 2016

Page 02 / **Editorial**

Page 05 / **Sokes Remarks** (M. D. Nakajima)

Page 07 / **Improving of Substance** (Interview mit M. D. Nakajima)

Page 19 / **Unaccompanied Minors and Aikido /  
2nd Report** (Peter Sager)

Page 21 / **10 years of Youth Training  
in Leopoldshafen** (Michael Danner)

Page 26 / **Seminar Reports**

Page 44 / **Graduations** (27. February – 25. May 2016)

Page 48 / **Seminars** (2016)

Page 50 / **Imprint**





# Sokes Remarks

---

Text: Michael Daishiro Nakajima

Everybody knows that divorces often occur. Also, people from our organization have had this experience. Even if you haven't been married, the break-up and the pre- and post-history are always painful. Most of us have something to say about relationship break-ups. There is no guarantee for the physical, the emotional, or the relative relationship.

There is a tough sounding scene in the gospel (Mark 3, 31-35).

*Then Jesus' mother and brothers arrived. Standing outside, they sent someone in to call him. A crowd was sitting around him, and they told him, "Your mother and brothers are outside looking for you."*

*"Who are my mother and my brothers?" he asked. Then he looked at those seated in a circle around him and said, "Here are my mother and my brothers! Whoever does God's will is my brother and sister and mother."*

Of course the physical aspects play a big role when we train in Budo together. But the better we understand Budo, the heavier weight weighs the spirit. Then we are like-minded people. To hold this level and even to raise it, we have to try really hard. There is always the danger of developing un-spiritual tendencies: Looking for graduations, jealousy of other members, vanity, competitiveness of other clubs, the feeling of inattentiveness of some members, et cetera. All of that causes disharmony and break-ups. **It prevents our way to the collective center, which can only be spiritual understanding and can only achieved by all of us together. This center connects us in our variety and difference. There are enough wars and conflicts in our society. Who really seeks peace and unity?**



#### Happening: Wolfgang Remp retires

After exactly a half a century of Aikido training and decades of being an instructor, Wolfgang Remp retired the age of 84 from the position of head instructor of the "1.-Mannheimer-Aikido-Vereins," due to health reasons. Shinki Rengo Honbu, together with his existing students of the club, which he founded, thanked him for his relentless engagement. We wished him a well-deserved retirement with much exercise and healthiness and also unaltered vitality with the blessing of God. We officially farewelled him during the Edingen Seminar.

It looks like his club is dissolving, although most of the students will become members of the club in Edingen to train under Danijel Rolli. I wish them a great transition with their club and much success.



# Improving of Substance

## Interview with Nakajima Sensei concerning the past, the present, and the future of Shinki Rengo

Interview: Lukas Underwood / Pictures: Miscellaneous photographers

**SN:** First of all, thank you for taking your time after such a long day. I don't know about you, but I'm exhausted.

**Sensei:** Well, you did take a test today. (laughs)

**SN:** The structure of the interview is that we will take a look at the past, the present, and the future. If we take a look at the past we see, that when you came to Germany there were already people practicing Aikido. Asai Sensei was already in Germany and there have were groups that were practicing Aikido. Back then you were, if I recall, a member of Tendoryu?





21. November 1987, Opening of the Shinki Dojo with Georg Umlauf

**Sensei:** Yes, Tendoryu. It wasn't named Tendoryu back then, due to the fact that Shimizu Sensei was still a member of the Aikikai. But the Aikido Department of the "Deutscher Judo Bund" (DJB) invited him and made him chief instructor. Later, he left the Aikikai and I, as his student and translator, left with him. I didn't want to, but because my teacher left, I left with him.

**SN:** Due to loyalty?

**Sensei:** Yes.

**SN:** But later you left him and, I don't know if I'm right, you were ranked as a 2nd Dan?

**Sensei:** Yes, Shimizu Sensei promoted me to 2nd Dan.

**SN:** So you were in a foreign country, with a student of O'Sensei as a neighbor, you weren't a high rank, but still, you left your organization. Why did you do that?

**Sensei:** This is a difficult story. There were disputes in the DJB, the DAB had already left the organization when I came to Germany, and less than the half of the students stayed. Mr. Brandt took many students with him. A new organization developed within this reduced DJB and Shimizu Sensei contributed to it. So the DJB had a straight line again. But then there were disputes between Shimizu Sensei and the DJB, for example about fees. And also Shimizu Sensei didn't want to train Aikido within the Judo Association, but as an independent organization. I supported that. So there were disputes between the DJB and me. Shimizu Sensei still gave seminars, but only a few followed him. At least the new leadership of the DJB wanted him back and so it happened. In my opinion that was all right. But after a while certain personal difficulties developed between Shimizu Sensei and me. But back then I never thought about training Aikido independently. **I wanted to focus on my theological work. A short while after I left him, I thought to myself, that I don't want to focus on pure Aikido, but that I wanted to focus on the spiritual background. That's what I called Shinkido back then, the way of Shinki.** At first I just offered it in Osterburken, then came Unterschüpf and Weikersheim. But more and more clubs came to me after a while. I was independent for 10 years, which means not dependent on a master, but I traveled to different masters to learn from them, but I also developed techniques on my own. Then there was this encounter with Yamaguchi Sensei. **I knew Yamaguchi Sensei before that, but only briefly. And when I saw him again, I found his Aikido to be beautiful. I really enjoyed it and he said himself, that he is doing**



it now different than before, that he is focusing more on the sword principal, which excited me. Then he asked me to come back to the Aikikai. I accepted his offer, because I held him as my teacher in very high regards. He took good care of us, which means many were promoted, and he promoted me to 3rd Dan. At the end, half a year before he died, after a presentation, which was meant as a test, he promoted me to 5th Dan. If he would have lived longer, of course, my position in the Aikido community would have been much stronger.

**SN:** Right, Yamaguchi Sensei ensured that you were allowed to give Aikikai Dan Graduations.

**Sensei:** Yes. Asai Sensei didn't like that very much. After the death of Yamaguchi Sensei in 1996, I followed Tamura Sensei until he died in 2010. In 2004, he promoted me to 6th Dan, nine years after my Graduation to 5th Dan. Since his death I'm in the direct custody of Doshu, who promoted me to 7th Dan after 46 years of Aikido.

**SN:** You trained in Aikido before you began Daito-ryu. Why didn't you start to publicize Daito-ryu in Germany? With Master Asai, Aikido had been well known in Germany and you didn't have a strong position. So why didn't you just do Daito-ryu?

**Sensei:** At first Daito-ryu was secondary to me, because I wanted to know the roots of Aikido. And by coincidence, I read the news that Yonezawa Sensei was coming to Munich as vice principal of the Japan School, just for three or four years. I was very interested in that. I visited him and after that I drove there frequently and learned techniques. And obviously my Aikido background played a role. Because Yonezawa Sensei said in front of the others, that I learn directly what he is showing. Of course the movement is a little bit different. But it makes a huge difference if you have already trained in Aikido. If you understand the basic principles, you can develop quickly. At least the 1st Dan degrees are no problem. At first I just wanted to train to Okugi Sandan, which is the first important step. I wanted to train until that step, and I didn't take it too seriously. But when I got to that level, I liked Daito-ryu so much and I realized, that Daito-ryu isn't just the roots of Aikido, but instead an independent Aiki Budo development. That's why I continued my training.

**SN:** There are many different styles in Daito-ryu as well, which focus on different aspects. And Bokoyokan, as we know it from you, does have many similarities to Aikido. On the other hand, if you take a look at other Daito-ryu Schools, they look a little bit harder. So was it somewhat fortunate that you were introduced to Bokoyokan?





**Sensei:** Hard to say. Maybe Daito-ryu was similar to Aikido because I met Yonezawa Sensei. He was pretty open-minded. Sadly, he soon got ill and died, so I had to support his son and try to act in Yonezawa Sensei's best interest. Surely my own style is expressed in it.

**SN:** So you had an influence on the organization?

**Sensei:** Yes, together with Tim Tung in the USA. But you have to keep in mind, that the open and friendly attitude of the Soke-Family played an important role.

**SN:** What do you think about Shinki-Toho? These three styles (Aikido, Daito-ryu, and Shinki-Toho) seem to be very different, so what connects them?

**Sensei:** Shinki-Toho is in the tradition of Itto-ryu. Takeda Sokaku mastered both sword schools of Itto-ryu and Jikishinkage-ryu. Of course it would be ideal if I could have studied Jikishinkage-ryu as well. But in our days you don't have enough time, so you have to focus on one thing. That's why I started to train Itto-ryu, to go back to the roots, as I did back then by going from Aikido to Daito-ryu and now from Daito-ryu to Itto-ryu.

**SN:** So it was a search for the roots? And after the split from Onoha-Itto-ryu you wanted to continue that path?

**Sensei:** You could say it like that.





1989, GDR, Senftenberg



1989, GDR, Senftenberg



1989, GDR, Senftenberg



1989, GDR, Senftenberg



1989, GDR, Senftenberg





**SN:** And what's the unifying connection of those three disciplines? What connects Shinki-Toho and Aikido?

**Sensei:** Well, firstly, you can say, generally, that all Budo Arts in Japan developed from sword principles. And there are thousands of sword schools. But Itto-ryu is, as I said, closely connected with Takeda Sokaku; and secondly, it is one of the most important schools within the sword schools. **If we train after this sword school we learn a certain physical posture, which is closely connected to Daito-ryu. So firstly, Daito-ryu develops better; and secondly, through the training of Shinki-Toho you understand the Ki Aspect.**

**And also, if you train weapons correctly, there is always danger. On the one hand you have to wield the sword in a really straight way, on the other hand you have to be internally strong, otherwise you lose. The awareness of the danger nurtures the Ki. If you only train the so called pre-war Aikido, it could happen that you only imitate a perfect form, which premise you don't know. In this case the martial aspect becomes secondary. But if you learn Daito-ryu as the root, there is a certain "aha" experience, which is what martial art is about. If you put it together with swordsmanship, then this effect develops even more.**

**SN:** I know and do train with people who are training the pre-war Aikido but also people who are training the post-war Aikido. To connect those two is really interesting.

**Sensei:** **Yes. That's why the focus for me lies on the Aikido, but Aikido with understanding.**

**SN:** One thing which comes to mind again and again, and especially here in Waldbach is that we don't have this one way to do a technique, but a plurality of movements. Do you think of that as somehow problematic; or what is the important thing about the movement within a technique?

**Sensei:** I want to say something related to that topic: I learned from different teachers and also trained Yoshinkan Aikido. Also Honbu-Dojo is a meeting point for different Aikido styles. **If you learn Aikido in that way, you are not that focused on a style. And I never found it to be problematic if my students learn with other teachers. If somebody finds a teacher who he thinks would be better than me, he can leave. I don't have a problem with that. The main important thing for me is the Ki aspect. This is crucial. Also important is a flowing movement without muscular power, which is effective at the same time. That's not a contradiction: to be soft and also powerful. If you use too much muscular power you can reach something in that moment, but you will get very tired quickly and your power is wasted. That's why you need softness. But at the end, the most important thing to me is the spiritual aspect which goes beyond the technique, to really train this. Of course we as humans are weak and do make mistakes, but it is important that we try hard and get closer to the source of the universe. That relates to a one-sided focus on the martial aspect. That's not the main point, even though I would say a martial art has to be effective. Mainly, in this effective movement, Ki develops. **There is no either ... or.****

**SN:** It's all together?

**Sensei:** Yes.

**SN:** Is this moment of similarity the important aspect of our Aikido?

**Sensei:** Yes.

**SN:** Would you say that the form is secondary if I train this Ki aspect?

**Sensei:** It will be at the end, but you shouldn't undervalue the form too soon, if there is now a good basis from where you can develop.

**SN:** We just held elections and many asked themselves why don't you just decide who is appointed to the commissions? Why is there an election? The commissions are demanded by the Aikikai, but it doesn't matter how they are built, right?

**Sensei:** Yes, I talked about that on the Commission-Meeting today. I choose this path because such a commission is not only linked to Budo, but there is also communicative aspect, an organizational aspect, and an administrative aspect. If I just select the people by myself, maybe I missed something, like a certain talent. If many people are voting, I can see who gets support from many people or who is fancied by many. This is also important to lead an organization. But I made the following proposition today: five people can be elected and I select the last two candidates.

**SN:** So it is a little bit of both. Would you say that these Commissions are important for the future?

**Sensei:** Yes. Even when we would be totally independent I would like to have those commissions. Yes. Even when we would be totally independent I would like to have those commissions. But, if I am not around anymore, the three disciplines would be carried on by different representatives. Independently, there can also be an overall representative. There would be an Aikido-representative, who is extremely good from a technical perspective, a Daito-ryu representative, a Shinki-Toho representative; and those three should work together. But over them, as a unifying figure, could be someone who would be my successor. That would be possible.



1991, Demonstration in Oberkessach



1991, Demonstration in Oberkessach





August 2001, Nakajima Sensei vs. André



August 2001, Tamura-seminar, Mathias, Danijel, Nakajima Sensei and Klaus



August 2001, Tamura-seminar, Danijel and Nakajima Sensei



August 2001, Mathias vs. Somebody



1992, Seminar in Großbräschen, boatride on the spree



**SN:** That would be someone you would select? You wouldn't let him be elected, right?

**Sensei:** Yes. In that case, I just assume that I can go on for another 5 or 10 years, there can be a development among the students. If I choose somebody too quickly then it may be too early.

**SN:** The development shouldn't be restricted?

**Sensei:** Yes. At the same time, I will leave something written. If I die too early and haven't said something openly, at least I will have written something. This will be effective the moment of my death.

**SN:** We all hope that you will be here for a long time! Although death is a part of existence, it always feels odd to talk about stuff like that.

**Sensei:** (Laughs)

**SN:** Maybe it's because I'm still young.

**Sensei:** Maybe, there is a feeling of taking care from my side. I have to bear the responsibility. But not too early. I have written such negative cases in the Japanese history of Budo, where the successor was selected too early, because he was super talented, but after a while it became clear that he wasn't mature enough. That's why: not too early.

As you know, in the cases of Daito-ryu and Shinki-Toho I selected the representatives. That's because those students are technically way better than all the others and that they train their disciplines very intensively. But also in this case the decision isn't final.



2002, Seminar in Munich



2007, Scott Vogel and Family Visit



2009, Daitoryu



5. March 2010



24. September, Backnang



2007 with Saotome Shihan



2008, Potsdam





3. October 2012, Pforzheim



7. February 2015, Waldbach



May 2015 with Doshu



2014, Shinki Toho, Munich



13. April 2014, Receiving of Shihansho





6. February 2016, Waldbach

**SN:** We reached the end of our little talk, would you like to say something to the readers?

**Sensei:** I think it is important, that we don't take care about the organization primarily, but that we try hard to improve the substance. If everybody does that, the outer form will be good automatically. It's the same with graduations: it's not good to always focus upon the next graduation, but to train, train, and train; and find peace and meaning within it. If this happens, there will be recognition from the outside, even if it takes a long time. And if this doesn't happen it's also okay.

**SN:** So, a lot of training.

**Sensei:** Yes, mainly improving of substance.

**SN:** Nice closing words. Thank you a lot that you took your time!

**Sensei:** Thank you for your effort.

O-Sensei's Aikido style changed throughout the course of his life. Before the Second World War his movements had much influence from Daitoryu. After the Second World War its movement became circular. His son Kisshomaru Sensei systematically organized the charismatic movements of O-Sensei, so that even non-gifted students could learn quickly and in a more structured manner. All of the movements have become even rounder and more elegant.



Interview: Lukas Underwood



# Unaccompanied Minors and Aikido

2nd Report/April 2016 / Text & Pictures: Peter Sager

**F**irst of all, on 17 Dec 2015, we had a joint Christmas celebration. Some of my youths had been training with us for 4 - 5 years. So on Monday, I invited them to train together with the „entry level“ adults. Because of their experiences, the minor refugees should start participating with this group after the Christmas holidays. The test case would be the Christmas holidays.

There were about 30 participants during training: 4 teens, 6 unaccompanied minors, and about 20 TomoSei Dojo members. The training was very harmonious with the motto: Mindfulness & Encounter. Everyone practiced with everyone: men with women, boys with girls, and old with young. In particular, when we showed the techniques, we had everyone come to the front. It was very beautiful to watch and it was very natural.

After showering, we gathered together and enjoyed donated pizzas, juice, and beer (for the adults). A father of one of my Aikido kids knows Farsi (Persian) and he could speak fluently with the refugee youths and entertain them (Farsi seems to be a basic language for Iraqi, Syrian, and Afghani speakers). Others tried to connect and communicate in English. All felt comfortable and accepted, and it was getting late.

### **Fundraiser**

I held a fundraiser because our friend Ursula, who works for a youth organization, informed us that winter jackets were needed by the youth. **The amount of incoming donations was surprising. We transferred the money so that we could clothe more young people than just our 6 new Aikidoka.**

### **Since the beginning of January 2016 we all train together on Mondays at 18:00 and Thursdays at 19:00.**

After seeing how much fun our refugee boys are having with us and how positive our members were, I expanded the range of training sessions. We also gave them Aikido uniforms and I heard how proud they were to have them.

One of the young people could not prove the date of his birth (17 years old) with an original birth certificate. He was transferred by the authorities to the men's group (aged 18 and older), where he is now housed in a building with 500 other men. He only had a copy of his birth certificate and will need to obtain the original from Afghanistan. Since this is nearly impossible to accomplish, he must now remain in the men's group. Because of this, he thought that he could no longer attend Aikido. Of course this is not the case. Mustafa is very persistent.

### **Worthy of Mention**

I sometimes incorporate weapons techniques into training, especially when I want to show how they are connected to a certain technique. I was initially surprised that some of the unaccompanied refugees could handle the Tanto extremely well.

Of 6 of the boys who had been with us since last October, 3 are still with us. To me, it was difficult to tell the difference between them (all dark-haired, the same height, smiling at you, and with names that were hard to remember and pronounce). Only the Afghan boys remain. The Syrians and Iraqis quit showing up.

**Also: There was unrest in the the refugee camp. Two of the 30 young men were picked up by the police (for reasons unknown). Another had to leave the camp because of ID problems. Two of my young Aikidoka are now allowed to go to school, which takes up all of their time. Since March, none of them have been coming to training. I am anxious to know what will happen next. We are here.**



Text & Pictures: Peter Sager





# 10 years of Youth Training in Leopoldshafen

Text: Michael Danner / Pictures: Miscellaneous photographers

## It All Started with an Idea

After I built a youth group at the Budo Club in Karlsruhe, I transferred at the end of my studies to the university sports program at the University of Karlsruhe (now KIT). There, I could regularly hold training and pass on our style of Aikido. The Aikido group at the university sports program is strongly influenced by the students constantly coming and going and the various styles of Aikido that are represented there. On the other hand, I wanted to build a permanent Shinki Rengo Group. The first step began 10 years ago with the launch of the youth training program. After some preliminary discussions with the officials at the local sports club, FV Leopoldshafen, we decided to start a trial program. I was excited to find Michael Scharpf, one of my students at the high school sports program, whom I enlisted as an assistant instructor. Nothing could stand in our way.

### First Steps

On 29 March 2006 we were ready! The first training took place with 10 adolescents, aged 8 to 13 years old, who showed up and trained vigorously. Nine remained until the end of the first course of 10 training sessions and they learned the basics. Then, in July of 2006, we launched the next course that 16 participants signed up for. We took part in the vacation community child care and were able to give many children a sample training and their first insights into our martial art. After half a year we were able to conduct the first Aikido tests. Of course there were ups and downs, sometimes a lot of participants, sometimes less.

After one year, the first assistant instructor, Michael Scharpf, had to take a break due to his studies. During this time, Daniel Köster and Kenneth Chu Sam and other assistant instructors assisted, but none on a regular basis. Eventually, in 2008, Jochen Schröder came on board and has been permanently supporting the youth group, first as an assistant instructor and later as the instructor.

### The Group Grows and Expands

From the Summer of 2008, I separated the beginners and advanced practitioners so that both groups could develop and progress. This approach has proven to be successful to date. The minimum requirement to transition from beginners training to advanced training is the successful promotion to 10th Kyu. In addition, certain physical attributes are required so that some – especially the older teens – can quickly switch to the advanced group. Some younger beginners remain in the beginner group until their second test.

### Seminars – from Aikido Weekends to Youth Seminars

We conducted Aikido seminars at the University of Karlsruhe in half year intervals, inviting the young people to participate. Some took part. Among other things, the 30 minutes of meditation left a lasting impression on the young.









Since 2009, Jochen Schröder and I have been conducting a youth seminar at Shinki Dojo in Oberkessach for the older adolescents (from 10 years old) – so far, for the 8th time. There we spend the weekend together with training, fun, and games. There is always a varied program, such as geocaching, a night hike, stick bread barbecue, and a visit to the playground. Since 2011, Marius Trzaski and his youth group from Lahnstein have joined us. Recently, the youth groups and their coaches from Pforzheim, Edingen, und Chur have joined in so that there is an exchange between the various Shinki Rengo youth groups.

#### **Cooperation with the Adult Group**

Since 2009, I have been conducting the university sports group and the youth group, as well as the Leopoldshafen adult group, which belong organizationally to the KIT sports group. Thanks to this cooperation, both of the hall hours and the Aikido mats can be used by the both the youth group and the adult group. This is a significant gain for both groups!

The adults are invited – in addition to the students from the university sports group – including the older youth of the advanced group.

#### **Anniversary Year**

In the anniversary year, the training continues. The first quarter was marked by the examination preparation because many of the 21 current participants are ready for their next test (10th to 6th Kyu). The youth course is ongoing and will continue until the summer holidays, at which time there will be a big barbecue for all of the active Aikidoka and their families, and all former participants and former assistant coaches.



### Data & Personnel

Since the first training, 10 years ago, we conducted 33 courses, each with 10-15 participants. There have been a total of around 120 Aikidoka, ages 6-15 years old, who have been with us and took around 150 tests.

he following assistant coaches supported the Youth Training so far:

- Michael Scharpf 2006/07
- Daniel Köster 2007
- Kenneth Chu Sam 2007/08
- Jochen Schröder since August 2008
- Stefan Merkle 2012/13
- Charlene Jehle since November 2013

### Thanks and Outlook

Everyone deserves my heartfelt thanks for their support, without which it would not have been possible for a successful youth training program! A very special thanks goes to Jochen and Charlene, who, for almost 8 and 2 ½ years respectively, have shown their faithfulness to the youth training program.

I really enjoy the great pleasure of working with the children. I expect that we will succeed, in the future, to continue to inspire the teenagers in the Leopoldshafen youth training group towards Aikido and Shinki Budo!



Text: Michael Danner



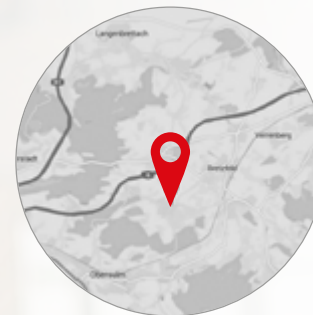
# Seminar Reports



# Dan-Seminar in Waldbach

**Nakajima Sensei, Danijel Rolli, Claudia Buder, Bernd Hubl und Henry Kowallik**  
**6 & 7 February 2016**

Text: Michael Erberich / Pictures: Jann-Volquard Hansen



Location: Waldbach

As with every year, Sensei invited us to attend the Dan Seminar in Waldbach. For me it was the second time that I was allowed to participate; but this year, there was a new opportunity that was a special experience for me.

As is the tradition, the first session was taught by the members of the Examination Committee and so we had the opportunity to get new input from Danijel, Henry, Claudia, and Bernd. Everyone showed a mix of Budo-internal concentration and playful curiosity with a cross-section of the Shinko-Rengo examination program, teaching us variations of Koshi-nage, Karami-nage, Kote-gaeshi, Shiho-nage, etc. so that we could train intensively. But everyone only had 30 minutes, so the first two hours on Saturday morning were over before we knew it. That's when I realized how exhausted my body was – or at least that's what it felt like. So the lunch break was very much welcomed.



On Saturday afternoon, Nakajima Sensei took over the instruction for the rest of the seminar. A special feature was splitting up the groups on the mat. 4th and 5th Dan participants trained together so that Sensei could take a closer look at them. He stressed an important point, I hope I can accurately reiterate what he said:

**„Until 3rd Dan it is no problem to physically excel in Aikido, but this has to change at 4th Dan.“**

With that, Sensei focused on the “substance” that everyone should incorporate within their performance. Even though I only have a vague idea of what Sensei means by “substance,” it is enough of an incentive for me to start exploring this topic immediately.









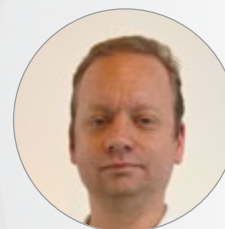


At the end of the first evening, examinations were conducted. Stefan, Martin, and Kristina gave their very best when they tested together for Nidan. Afterwards, Lukas showed his skills during his Sandan exam. The attentive audience quickly realized that most of the techniques requested were practiced previously that day. This showed, once again, the reason for the Dan preparation seminar. Once the examinations were completed and the candidates could catch their breath, Duncan announced that they all had passed. Congratulations!

It was no less demanding the next day on Sunday. Sensei quickened the pace and made clear what level he expected from us and the path that still lies ahead. Needless to say, we were all able to conclude, at the end, that we were all exhausted but happy and content with the seminar. We had all learned a lot during these two days. I remembered Claudia's words from the beginning of the course (although vaguely):

**„In life, there is no escaping..“**

So it is easy to say that there is also no escaping next year's seminar. But who would want to? Honestly, I don't know anyone who would...



Text: Michael Erberich



Pictures: Jann-Volquard Hansen



# Aikido Kata Seminar in Pforzheim

**Michael Danner, Matthias Böttcher, Edme Hardy and Jochen Schröder  
19 March 2016**

**Text: Edme Hardy / Pictures: Michael Danner**



**Location: Pforzheim**

**T**his year the Judo Club of Pforzheim invited us, once again as in 2014 and 2015, to the Kata Seminar with Michael Danner, Matthias Böttcher, Edme Hardy, and Jochen Schröder. Fortunately for us, the last article announcing the Aikido Kata Seminar was successful in bringing in an even higher number of participants – there were more than twice as many participants as there were last year.

After the morning meditation, we practiced Kamae Undo as well as the two Tachi Suburi and the Tachi Kata. During the afternoon, we focused on the two Jo Suburi, the Jo Kata, and Kata Tenchi. After the Katas and some practice in a large group, the instructors helped us as we practiced in small groups, focusing on the various suburi and kata that we had practiced earlier. All of the participants wanted to train longer, so we extended the seminar by 30 minutes.

We were happy to concentrate together on the Shinki Rengo Katas. The Seminar will take place next year in 2017, hopefully with even more participants.



**Text: Edme Hardy**



**Pictures: Michael Danner**



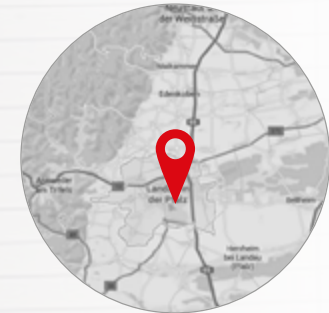




# Daitoryu Seminar in Landau

**Tim Shihan & Nakajima Shihan**  
**15 – 17 April 2016**

**Text:** Christina Ahrens / **Pictures:** Alexander Broll



Location: Landau

During the afternoon break on Saturday, April 15, 2016, Lukas approached me and put his arm around my shoulder and told me: “Chrissi, after your toe cut me until I bled, you are now ready! If you would like, I would be happy if you would write the next article about this Daitoryu Seminar for Shinki News.” I thought, wow – is this a gift or not? But I immediately promised that I’d do it.

So to correct any misconceptions, the Seminar was not about making someone bleed (even though some tended grabbed others a little tighter), but the Seminar was about sharpness and softness. If one neglects softness, sharpness is transformed into force – yes and it even hurts. In the foreground, there was the feeling of Ki and how to use it directly. Tim Tung Shihan, 9th Dan Daitoryu Aikijujutsu Bokuyokan, U.S. Representative and Michael Daishiro Nakajima Shihan, 9th Dan Daitoryu Aikijujutsu Bokuyokan, Europe Representative trained us from April 15-17, 2016 in both Daitoryu Aikijujutsu and meditation. Not only that, the instruction was in both German and English – with each instructor giving his own personal touch.



Nakajima Sensei taught in a way that strength and humility radiated equally. His movements were quiet, sharp, and precise. The amount of time between techniques was longer than with Tim Sensei, so one could practice the specific technique more intensively.

Tim Sensei taught with small demonstrations and subsequent motivating applause when the students showed everyone what they had learned. He explained the concepts – explaining what Daitoryu Aikijujutsu is. So that we could get an idea of what he was explaining, he provided a lot of techniques to practice during his instruction. Ki, timing, leverage, and leading were the basic characteristics that we practiced. There were only four words – but their content was so much more. We will practice!

I have often trained with Jürgen. Granted – he is a mountain of a man – but I did not have any fear attacking him or being attacked by him (which was quite impressive). No, joking aside, he's a great teacher and I enjoyed training with him. Just as I enjoyed training with others – those whom I do not know too well and also it was nice to train with those who are so familiar to me from training at my home dojo: Duncan, Henrik, Rainer, Sönke, Gunnar, Lukas, and Janni.











Familiar techniques, combined with new techniques – fabulous. I also want to mention Alexander's welcome and how we felt like family. Although I have only been training for two years, I have come to know Jürgen, Edme, Peter, Claudia, Daniel, Neitzel, Helmut, René, Nakajima Sensei, and many others who have attended seminars with us in Oldenswort or in Dresden. And new lovely people such as Monika from Munich or Lena, Friedrich, Ralf, Enzo, Mathias, Michael, Danijel, and others who attended the Seminar. I will be happy to see them all again soon. We practiced a total of 9 hours in Daitoryu Aikijujutsu training and an hour of meditation. There were also many great conversations, an enjoyable drive, and great (especially a lot of) food. In our bus (well, Henrik's bus) we just barely fit (Henrik, Sönke, Rainer, and I). After dinner on Saturday, we (Duncan, Gunnar, the four of us, even Lukas and Jann) drove back to the gym. We had to cram into the bus, although we somewhat cuddled as we always do. All in all it was a perfect weekend Thank you all!

What remains: everything



Text: Christina Ahrens



Pictures: Alexander Broll





# Seminar in Edingen

**Nakajima Sensei / 7 & 8 May 2016**

Text: Lena Lenninghaus and Laura Brosi / Pictures: Enzo Ermarth



Location: Edingen

**T**h alarm went off at 7:00 a.m., the sun was shining, and we were looking forward to another seminar with Nakajima Sensei in Edingen. We perfected the necessary routine of setting up the mats in the past, so we could complete the set-up very quickly on Saturday (instead of Friday). Little by little the other participants arrived.

The first session started as usual, with half an hour of meditation, followed by two hours of Aikido and Daitoryu. Due to the fact the you don't need much space for the much older martial art of Daitoryu and by starting with it, the participants had a chance to get used to the mat space. The variety of throwing and locking techniques also gave members, who do not often train in Daitoryu, the chance to develop their knowledge. It is not easy to raise the will to attack, which is very important in Daitoryu, and to correctly execute the strict locks and throwing techniques, which are completely different than in Aikido. In Daitoryu the principle is intact: either the throw works – or it doesn't. And if it works, it works even better over time ;).



After a short water break we switched to Aikido. This short break, combined with rehydration, helped us to switch from the short, direct Daitoryu techniques to the round and flowing movements of Aikido.

We had pizza for lunch, during which we enjoyed the wonderful sun and sat outside. During a little afternoon nap (often called a special kind of meditation in some special jargon) one could summon enough energy for the next session.

We started the second session with Daitoryu and we continued, afterwards, with Aikido. During the first session we learned techniques and the newly found insights that we could develop and deepen. Only this time, the space on the mat was less, because more participants showed up for the second session. Afterwards there was the opportunity to take a test, which didn't occur.

A group dinner at the Greek restaurant "Cavos," which is next to the training hall, was scheduled for the evening. Our table wasn't ready yet, because we finished training early, so we used the opportunity for a little walk along the Neckar. We could get to our table promptly at 8:00 p.m. and that was the start of a wonderful evening. In a beautiful and relaxed atmosphere, everybody enjoyed one's generous meal and the presence of Sensei.







Sunday started as it did on Saturday, with meditation. But what followed this time was two intensive hours of Shinki-Toho. We split up, based on our knowledge level, into three groups. Group one trained under Sensei's supervision with the first Shoden-Katas, while group two trained the Shoden-Katas more freely, and group three trained Chuden and beyond. Sensei and Helmut Theobald provided important corrections and tips, as they walked through the lines of practitioners and answered, as always, every question.

After our arm muscles started burning at the end of the training and the lifting of the sword became more difficult, the Shoden tests took place. Marius Trzaski had registered previously, the day before. And spontaneously, Bernd Hubl, Heike Fischer, and Laura Brosi decided to participate in the test. At first they did the Uchi-Kata Part. Every Kata was done three times. Next they switched to Shi-Kata where they did the Katas three times again. After half an hour the test was done and Sensei critiqued the four Uchi-Katas. The result was, all four passed.

After we removed the mats and transported them back to Seckenheim, the seminar ended with some of the participants, and of course Sensei, enjoying a home-made lunch at the Seckenheimer Schloss. A little bit exhausted, but happy and filled with new knowledge, everybody headed home.



Text: Lena Lenninghaus



Text: Laura Brosi



Pictures: Enzo Ermarth

# Promotions

---

27 February– 25 May 2016



## Aikido

8th Kyu	Müller, Johannes	Lahnstein	3rd Kyu	Burse, Benjamin	Weimar
8th Kyu	Wollweber, Raphael	Lahnstein	3rd Kyu	Schierwagen, Thomas	Ilmenau
			3rd Kyu	Kunz, Franziska	Wiesbaden Sonnenberg
7th Kyu	Daun, Marcel	Lahnstein	3rd Kyu	BMilosevic, Ladislava	Maribor
7th Kyu	May, Leon	Lahnstein			
			2nd Kyu	Menzlin, Henrik	Oldenswort
6th Kyu	Rösner, Thomas	Lahnstein	2nd Kyu	Pahlke, Rainer	Oldenswort
6th Kyu	Rühl, Lea	Leopoldshafen-JG			
6th Kyu	Schneider, René-Thorsten	Leopoldshafen-JG	1st Kyu	Haschke, Christa	Ulm
			1st Kyu	Shenson, Alexander	Maribor
5th Kyu	Weise, Teresa	Edingen			
5th Kyu	Kolaric, Uros	Maribor	1st Dan	Waldemar, Frank	Landau (examination by Birankai)
5th Kyu	Bottke, Raban	Weiler			
5th Kyu	Hutterer, Fabian	Wiesbaden			
4th Kyu	Köllmer, René	Ilmenau			
4th Kyu	Winterfeld, Lars	Ilmenau			
4th Kyu	Oreski, Slavko	Maribo			
4th Kyu	Knospe, Thomas	Wiesbaden Sonnenberg			

## Daitoryu Aiki Jujutsu

5th Kyu	Kilb, Patrick	Lahnstein	2nd Kyu	Frederiksen, Alexander	Weiler
5th Kyu	Mbassa, Cedric	Landau	2nd Kyu	Erberich, Michael	Osnabrück/Berlin
5th Kyu	Jung, Max	Landau	2nd Kyu	Kranich, Soeke	Berlin
5th Kyu	Krüger, Lisa	Cottbus	2nd Kyu	Frank, Waldemar	Landau
5th Kyu	Ahrens, Christina	Oldenswort	2nd Kyu	Smentek, Martin	München
5th Kyu	Eden, Sönke	Oldenswort			
5th Kyu	Piras, Clemens	Pforzheim	1st Kyu	Büchler, Peter	Neustadt/Edingen
5th Kyu	Wohlleber, Sophia	Pforzheim	1st Kyu	Underwood, Lukas	Hamburg/Oldenswort
5th Kyu	Schwarz, Maximilian	Landau	1st Kyu	Aden, Kristina	München
5th Kyu	Goldemann, Cedric	Landau			
5th Kyu	Heinen, Marc	Landau	1st Dan	Walz, Marion	Oberkessach
5th Kyu	Habath, Sophia	Landau	1st Dan	Müller, Ralf-Peter	Edingen
4th Kyu	Menzlin, Henrik	Oldenswort	2nd Dan	Kaiser, Vladimir	Maribor
4th Kyu	Weigel, Friedrich	Berlin	2nd Dan	Kaiser, Janez	Maribor
4th Kyu	Sanselzon, Felix	Berlin			
4th Kyu	Boldt, Timm	Cottbus	3rd Dan	Paluszek, Arkadiusz	Rödental
4th Kyu	Regel, Ralf	Cottbus			
4th Kyu	Schneider, Daniel	Cottbus	Jun-Dairi-Kyoju	Dimt, Jürgen	Oberkessach
4th Kyu	Schmidt, Brigitte	Weiler			
4th Kyu	Müller, Johannes	Karlsruhe			
3rd Kyu	Hansen, Jann-Volquard	Hamburg/Oldenswort			
3rd Kyu	Pahlke, Rainer	Oldenswort			
3rd Kyu	Meier, Jürgen	Mannheim			
3rd Kyu	Vogt, Roland	Pforzheim			



## Itto-den Shinki Toho

Shoden

Hubl, Bernd

Wiesbaden

Shoden

Trzaski, Marius

Lahnstein/Bad Honnef

Shoden

Brosi, Laura

Edingen

Shoden

Fischer, Heike

Wiesbaden

# Seminars

---

2016



## Seminars with M. D. Nakajima

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
29. – 30. 10. 2016	Berlin Tomosei
12. – 13. 11. 2016	Dresden (may be changed to 26.-27. 11. 16)
19. – 20. 11. 2016	Leopoldshafen

## Other Seminars

11. – 12. 06. 2016	Oberkessach, Michael Danner, 8. Youth Seminar
25. – 30. 07. 2016	Oldenswort, Duncan Underwood, Summer Seminar
02. – 03. 10. 2016	Pforzheim, Peter Saager

# Arigato gozaimasu

---

## Preview of Shinki News No. 4

The next edition of Shinki News will be published in September 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 nice summer and a lot of fun and energy during training!  
Shinki-News Team

## Imprint

Copyright 2016 Aikido Shinki Rengo

Realization: Lukas Underwood and Jann-Volquard Hansen

Editing: Monika Popp

English translation: Rick Soriano

Layout and Design: Jann-Volquard Hansen

The opinions expressed in this publication are not necessarily those of the editors of Shinki News. The authors themselves are responsible for the content of the posts.

All images may be used upon the consent of the creators of Shinki News. The copyright of the images lie with the photographer. All persons depicted gave their approval in advance.



Lukas Underwood



Monika Popp



Rick Soriano



Jann-Volquard Hansen