



SHINKI NEWS

NO. 18



Onegai shimasu

Editorial

Text: Lukas Underwood

Dear members,

Another year is coming to an end and we are pleased to be able to present the last edition of Shinki News in 2019. As always, we would like to take this opportunity to thank all of the members who have so diligently written articles and, through their commitment, have ensured that the Shinki News has become a lively member magazine.

The focus of this issue is particularly personal for me. According to Sensei's newsletter, there is a very private and emotional conversation between Sensei and me about Shinkiryu and religiosity / spirituality in the form of an email exchange. This is followed by two reports by Claudia Buder about the Shinki Toho course in Weimar and Sensei's trip to the USA. Scott Vogel was kind enough to write a contribution from the perspective of the inviting guests. Insa Franzmann and Martin Selleng wrote a report on the Sensei course in Cottbus and there are also a few words about Sensei's summer course.

Finally, I would like to thank Alex Frederiksen for his work while a member of the Shinki News team. For personal reasons, he will devote himself to other tasks in the future. We regret this very much, of course, but wish him and his family all the best!

On behalf of the Shinki News Team, I hope you enjoy this issue, happy and relaxing holidays and a happy New Year.

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Soke's Word

Text: Michael Daishiro Nakajima

Today I would like to reflect, once more, on the effectiveness of martial arts. Because it's been a while since I've written about this. There are also some extensions.

With three Japanese terms one can represent the aspects of martial arts: Bujutsu, Bugéi, and Budo.

Bujutsu places the emphasis on fighting techniques.

Bugéi means martial arts. One should, so to speak, go beyond crude techniques to a fineness that contains the beauty of the movement and in which the muscle power can be greatly reduced. It's supposed to be an art. Budo finally emphasizes the mental attitude in martial arts. The path that goes beyond life and death should be walked and experienced.

The ideal of Budo, briefly mentioned above, can be learned not only through Budo, but in many other things of life. Because "through death to life", that is our and the world basic principle. But if we want to learn this ideal through Budo, then that means that we should acquire it through martial arts. And that means that Bujutsu is a prerequisite and must not be neglected. You have to follow the fighting techniques to the end.

Such martial arts, despite their emphasis on techniques, are primarily for themselves, not to defeat others. That means that you have to learn to master the attacker, but if you lose anyway, that is not the end of your own martial arts.

There is no absolute strength when it comes to physical effectiveness. The quality and condition of people are different, and even the strongest person is getting old and is being overtaken by other, younger ones. It is an illusion to want to achieve absolute strength on this earth. And it is downright stupid to run after such an ideal.

It is right to practice martial arts to protect yourself and other people. The need for it will increase if you live in a dangerous environment. But fighting technique is not a guarantee against all dangers. Lifelong practice of fighting technique in the sense of defense is a waste of time.

And nonetheless, it makes sense to practice martial arts lifelong if that leads to Budo. Because man should not win in the first place, but learn to die. The apparent victory is deceptive, and what appears to be death leads to true life, which, among other things, brings about the inner strength that Ki produces for himself and for others.

Remarks

Fee Summary: The Fee Summary (www.shinkiryu.com - Shinkiryu Aiki Budo - Organization - “Fee Summary” in the right column) has slightly changed. It only affects the degrees of Daitoryu Shihan and beyond. The fees up to the 7th Dan, inclusive, are not affected.

Aikikai-Dan Recommendation: Regarding recommendation to 5th Dan and higher, Aikikai has, again, encountered the trend to think that one will be graduated higher automatically after meeting the minimum time period (e.g., for the 5th Dan 5 years after the 4th Dan Graduation) there is no automatic promotion. As a new countermeasure, Aikikai now requires the annual training time of 180 days. This means that you have to train at least 3 times a week and attend some seminars. So, if someone trains less (say, twice a week), it takes a lot longer to get the next promotion. In the case of the 5th Dan, about 900 (180 x 5) training days must be achieved. So it takes 9 years if one trains 100 days per year.

Bokuto Order: Since the order to Japan on 1 October is too late for the Dresden seminar, where I could distribute the Bokutos for the members in the northern area, the order will be made in the future on the 1st of September. Accordingly, the 1 April order will be changed to 1 March.

Tell me, how do you feel about religion?

An Email Exchange

Foreword:

With the conclusion of the series on the disciplines in Shinkiryu Aiki Budo, we were faced with the question of which focus we want to place in the upcoming issue. Since I am very concerned about religiosity and spirituality, I thought it would be an exciting hanger for an editorial, especially in our style. As always, I wanted to tune the theme of the issue with Sensei, which led to the e-mail traffic below. We consider the discussion to be very relevant, as it not only highlights Sensei's position in linking Shinki and spirituality / religiosity, but also shows why it is also possible to train as an atheist in Shinki Budo. The e-mail discussion offers an exciting insight into an emotional but content-driven, private discussion. I hope you enjoy reading this.

In order to increase readability, we have revised the e-mail traffic; and, in consultation with Sensei, we edited and removed passages that may be too extravagant. In terms of content, however, we have made no changes.

Have fun reading
Lukas Underwood

On 28.08.2019 Lukas Underwood wrote:

Hello Sensei,
[...] Last but not least, I have been thinking about the editorial for the upcoming issue. Since the disciplines (including meditation) are now completed, I was looking for another central topic that is outside the disciplines. Through the discussion with a friend I came to the topic "Religiosity / Spirituality in Shinkiryu." I had the idea that in two articles we present two opposing views. Johannes would write the one article from a religious / spiritual perspective and I the one from the atheist point of view. **The key question here would be the meaning of religiosity / spirituality in practicing Shinki and whether one can train in Shinki without the belief in something bigger.** Johannes and I discussed this during the seminar, and the discussion itself was incredibly stimulating and exciting, and I can well imagine that our readers would also be interested in this discussion. What do you think about the idea?
Lukas

On 30.08.2019 Michael Daishiro Nakajima wrote:

Dear Lukas,
[...] The topic "religiosity" in the broad sense as "search for the depth" should interest all Shinki members, otherwise it is out of place in Shinkiryu. **Of course, you can practice Aikido movements without personal religiosity, but that's not in O-Sensei's sense and not in my sense. Those who want to practice without religiosity should just not choose our style. I cannot help it if some members practice without religiosity. But I strongly oppose anyone who does not have an openness to religiosity and who definitely positions one's self atheistically and wants to negate or not listen to my statements about religiosity or spirituality.** Yes, there were such members. Therefore, in "Soke has the Word," which I sent to Johannes 10 days ago, I clearly commented on this [in Shinki News No. 17]. Please read that well and then you can design the theme in Shinki News.
best regards
Daishi

On 02.09.2019 Lukas Underwood wrote:

Hello Daishi,
I have to say that I was very shocked by your radical response. Maybe I do not understand exactly what you mean (which I really hope), so I will ask again at this point.

I have known you all my life and have been training Shinki for almost two decades. I have never been religious and yet I share many of your opinions (especially the normative ones). Of course, I would answer the question of whether there is a God much differently than you, Duncan, or, for example, Johannes. But when I hear you talking about the contents of Budo, I agree with you in almost everything or deal with what I have said that I cannot just accept for myself. That makes the quality of Shinki essential - where the idea comes from, if you are an atheist, you would not be interested in your content, is therefore beyond me. So, for me it seems very extreme to say that if you do not believe in God (and nothing else is atheism) do not share common opinions or practice Aikido in the true sense.

On the other hand, I ask myself the following: you know almost all my exams, with certainty all from first Dan and the related essays, etc.: Do I not practice in your interest? As I said before, I was never religious, but if that's such a big problem, why is it only noticeable now? It's not the first time we've talked about Aikido, and I have come to Budo in a broader sense. My non-belief has never stopped me from engaging intensively in content with Aikido and Budo. Aikido is, and has always been, much more to me than a theory of movement.

One last thing: I always felt at home in Shinki and did not even know what I would rather be a part of. I always had the feeling that Shinki lives from the fact that people are accepted in their differences and that we are looking for something in common rather than a differentiation from outside. I am committed to the club because it is close to my heart and I am a member as I share many of your positions and want to learn from you. But if it is the case that you are not allowed to train Shinki as an atheist, since this is not in your interest, then I have to leave the club, everything else would be a lie. I do not believe in God; it just cannot be changed. I would be sadly over it. But if that is the way I have to go then I have to do that. I would only leave if you leave me no choice. But if I have learned one thing in Shinki, then it is that you have to be consistent, if you want to get out of a brittle situation.

Lukas

On 03.09.2019 Michael Daishiro Nakajima wrote:

Dear Lukas,

Thank you for your e-mail. The background of my writing was that someone responded to my Pentecost greeting that he no longer wants to receive emails that contain any spiritual or religious content. Then I also learned during the summer class that at least three people did not take part in meditation. In the former case, I see no sense and no justi-

fication that he is in our association. (I am currently having a clarifying conversation with the person concerned). We are an association that I founded with the intention of providing spiritual training. So, you were not the targeted person, because you listen to my words, even if you disagree in some ways, which is normal. I just wanted to stop the tendency in our association in time to become mindless. That's why I am highlighting this topic now. My age is also advanced, and I want to make something more meaningful in my remaining lifetime than just physical exercise and pure fighting techniques.

Actually, I did not know anything about your attitude, because we have not yet addressed the religious content. Although you have written that Johannes is from the religious point of view and you argue from the atheistic point of view, I did not realize whether you, yourself, are an atheist or only representing the atheist point of view.

But if the topic of "Aikido religious or not" in our official association newspaper is discussed as if it were completely neutral to Shinkiryu, then I have a problem with it, that would be a betrayal of my ideal, like O-Sensei who did not regard Aikido as his creation, but clearly as the creation of God.

Aikido can certainly be practiced without spirituality when it comes to fighting or health movements. This is not the Aikido of O-Sensei. Here I want to follow him very clearly. That does not mean that you cannot learn technology from non-religious masters. That's it, but the real aim of Aikido is missed, if one is not even ready to open oneself to the religious side. And as I said, religion in this context is the "openness to the depth dimension of our reality." It's not about being atheistic or not at the present time, but categorically denying God or keeping open to this possibility.

And if that openness did not exist in the mainstream of Shinkiryu, I would consider my task ended. I am hoping you know that Shinki means „divine Ki“. I am for tolerance, sure, but clear against monotony and dilution, we water down the issue with our own weakness anyway, but if even the official goal is ignored, we are “salt with no salty taste.” It is no use, and it is thrown away, so we do not have the same “with spirit” or “without spirit.” And as long as I lead Shinkiryu, it will not change.

We are connected by Aikikai with other Aikido schools and clubs. But we have our accent. I have written several times what this is, and you can also read that on the homepage. Everyone can come freely to our association if he agrees with our basic direction. Every Aikido practitioner is free to decide. Whether we should express our style even more is another question.

Now specifically about you. I see no reason why you should quit because you are ready to listen. But our official accent must be clearly shown outward. If you do not want that, then there is actually a conflict in the matter.

Well, regardless of this specific matter, I would like to write briefly about the belief in God. For me, a newborn child is already the reason for believing. This miracle, will develop its spirituality with time. It is too naive for me to say: it all comes from matter originally. When someone says that, I have to say that this is a much greater faith than the belief in God. Should matter (inorganic beings such as stones, etc.) develop into the mind? (But you have to suppose the incredibly fine laws that are given to the world). If the mind is ultimately dependent on matter, how do you establish the dignity of the human being we presuppose in our everyday lives? Marx saw through this point. That's why he takes the dialectical leap to the mind. But where does such dialectics come from? That too is a kind of faith.

Many greetings
Daishi

On 06.09.2019 Lukas Underwood wrote:

Hello Sensei,

First of all, your mail makes it a lot easier and I can understand your position much better now. Nevertheless, I would like to get rid of some comments.

First of all, I find it outstanding that you introduce the concept of dialectics. What I like about Shinki, and what I also see as a great preference over other styles, is the inherent dialectic of serious and realistic practice and seeking the more that, in my opinion, is essential to Aikido. This more is not easy to describe, but it does not just come from a physical or intellectual experience. **Even if I answer the question of the existence of God differently, I am completely with you when it comes to finding a way to an understanding of this more. This accent should not be diluted and it was not in my sense to write an article that contributes to it: on the contrary. The question that is asked is: how can a pursuit of this succeed more if one starts from a different premise (than the existence of God)?** My answer to that would be, among other things, that one has to become aware that believing in something is not believing. This results, among other things, from the fact that not everything can be explained or penetrated conclusively, logically, and rationally, so that a remainder remains, to which, however, it has to be approximated in training (for example).

It is precisely out of this awareness that I would not come up with the idea of dismissing religious thoughts per se; on the contrary, I see a lot of truth, especially in the normative aspects of Christianity, and as a sociologist, I also understand the need for religion for the current social cohesion. As I said, I do not imagine that with the pure intellect everything could be explained. In this I also see the strength of Marx. He was aware that some things are not in pure logic (only the existence of money cannot be explained logically, still one of the places in the Capital (Das Kapital), Volume 1), which impressed me as the most sustainable. Therefore, I also think it is a mistake to reduce atheism to an undialectical materialism - of course there is more to it than matter - but the awareness

that not everything is to be discussed through logic and matter does not yet indicate whether the existence of a God can be affirmed: this is a personal question of faith that I respect, but it sharpens the view for the inner (the preconscious or the unconscious would be mentioned here as an example) and the outer (which is incomprehensible here in the sense of therefore). **I find it extremely difficult to argue for or against faith and would therefore rather speak about the content of the faith and exactly in that before I connect you very much in many ways. Therefore, I never had a problem with being a member of the Shinki, because in terms of content, I always felt very much at home.**

Finally, a general matter. Of course, I am aware of what Shinki translates to and I know your position on religious issues. Although I would answer certain questions differently than you, I still think it is right to take a clear position to keep the core of Shinki alive. So, I can understand you well that you are vehemently in favor of the content, which I think is good and right and I am fully behind you.

Thanks for taking so much time to answer!
Greetings from windy Hamburg
Lukas

On 11.09.2019 Michael Daishiro Nakajima wrote:

Dear Lukas,
Many thanks for your dear, detailed answer! As I said, we can talk about all this in detail sometime in peace.
Many greetings
Daishi



Text: Michael Daishiro Nakajima and Lukas Underwood

Seminar Reports

Aiki Budo-Seminar in Cottbus

with Michael Daishiro Nakajima / 4. – 5. May 2019

Text & Photos: Insa Franzmann and Martin Selleng



On first sight, Cottbus may seem quiet and remote. Especially on a calm Saturday morning at 9 am, while most of the attendees were still on their way into the depths of Spreewald. At second glance, one was able to spot a busy group of people trying to arrange mats and preparing for the participants of our seminar.

Due to the course taking place at a university, the group of Aikidoka did not only consist of people from Germany but from all around

the globe. Amid that cultural tohubohu the long established practitioners had to grapple with the newer ones. Most of these newer Aikidoka had only just begun training in Aikido a few weeks earlier. The uncanny feeling of the newbies of hindering the more experienced ones from training adequately was quickly set aside. It was the group's warm-heartedness that made everyone find their own pace of training. Everyone was able learn to their heart's content and enjoy the cultural exchange.





Right from the beginning, the focus was set on finding one's inner peace and quiet with the help of meditation. The communication with the inner self can compensate for the harsh and stressful everyday life and help to get rid of repetitive pressure. We were told to use meditation in order to find our inner selves and learn to let go of earthly problems. Due to the continuous repetition, especially during Daitoryu, we learned the utmost importance of technique instead of pure strength.





Particularly during Aikido, the newbies had the chance to learn not only from the experience of their training partners, but from the differences of the partners themselves. The interplay of even the smallest differences in the techniques made the learning experience change constantly, which made it even more refreshing. While some were already tweaking their advanced Itto-den Shinki Toho techniques, the newbies were taught the very basics of wielding a sword.

The elaborate cultural programme in the evening consisted of guitar, cello, piano, ukulele, and several diverse singing and dancing performances. Furthermore, the international buffets complemented the warm-hearted seminar. During these days the attendees had shared quietness, experience, and laughter with one another and thus got closer to themselves and with each other. The Shinki-Rengo-Aikido Dojo Cottbus thanks Sensei, as well as every participating Aikidoka who enjoyed the weekend together with us.

Summer-Seminar in Weiler

with Michael Daishiro Nakajima / 6. – 1. August 2019

Text: Dorothea Haser / Photos: Bianca Gärtig Hochstein



For the 6th summer course in Weiler, more than 40 members of Shinkiryu Aiki Budo from all over the world met to intensively practice Aikido, Daitoryu, and Shinki Toho for six days under the direction of Michael Daishiro Nakajima Sensei. I have been learning Aikido for 7 months, so I attended the summer course for the first time and was curious about the coming days, but also full of questions:

Will I do this?

Will I understand what Sensei explains? How will I practice with all the foreign partners?



With many hard-working helpers the mats are quickly set up, the preparations are completed in time and on Tuesday afternoon we start the seminar with Aikido and Daitoryu.

Daitoryu is new to me, but there are always experienced training partners who show a lot of goodwill and patience on how to do the exercises. And Sensei also takes time for me as a beginner to explain the techniques.

On the following days we start the training with meditation. Sensei tells us a story of fishermen who got lost at night at low tide on the beach and who should have extinguished their torch to see the light from the land and find the direction back to the shore.

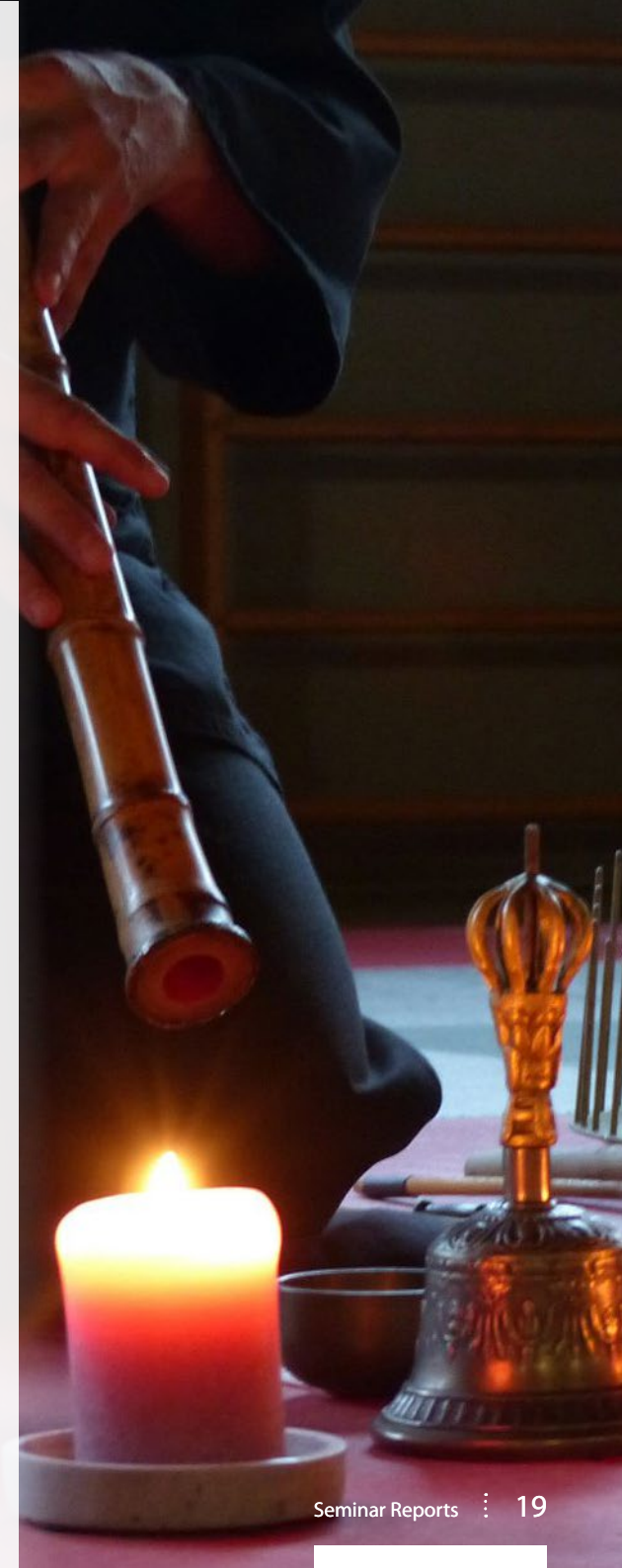
An image that should help and encourage us to find a way in our meditation and then follow this path.

Every morning Sensei adds more thoughts to the story. And we practice extinguishing our own torch. Wednesday afternoon there is the first session of Kenjutsu.

This is also new to me. And here, too, Sensei and Helmut help to get me started, correct me, and show and explain the basics.

Two program points offer an opportunity to relax on Thursday: in the afternoon, a small hike with beautiful views and in the evening a concert with the Shakuhachi artist Viz Michael Kremietz.

The week flies by quickly.





With every day, I experience a lot of joy while practicing and on Saturday I am sorry that this seminar is already coming to an end. I am very grateful that I was able to be part of this summer seminar, for the wonderful experiences, for everything I could learn this week, and for all those who welcomed me kindly, practiced with me, and supported me as a beginner.

Many thanks, also, to the many helpers who set up this course.

And many thanks to Nakajima Sensei for his tireless, kind, humorous efforts to take us one step further along the path of the Budo.

I hope to be back at the next summer course. In Croatia it will probably be quite hot in the summer - but because of that one should be able to swim there very nicely!



Text: Dorothea Haser



Photos: Bianca Gärtig Hochstein

International Aiki Budo-Seminar in Mt. Pleasant, Michigan, USA

with Michael Daishiro Nakajima / 5.–8. September 2019

Text & Photos: Claudia Buder and Scott Vogel



How easy is it to follow a Sensei when his closeness is palpable, his presence perceptible, his teaching vivid and an encounter possible, again and again?

How difficult is the succession, when thousands of kilometers claim their material toll in the distance?

Boundless is the spirit and the love.

And limitless is also the dedication with which the Shinki Rengo Group in Mt. Pleasant faithfully follows our Sensei for thousands of years.

Boundless may also be the will to get up again and again from the mat.

The dedication with which we move and enter into every training - wherever we go - opens up that joyous euphoria with which we leave the mat sweat-drenched.

And the frequency of give and take is multiplied when it becomes apparent that the gates of will are open.

These qualities of practicing were what we experienced in Mt. Pleasant during the seminar with Nakajima Shihan. Is it really self-evident?

Well, the encounters are as unique as people's personalities and therefore different. From each encounter, we can emerge with a wealth of experience. It's our attitude that determines which color we see.



Intricate paths: Claudia and Kristina trained with Tim Tung Shihan in the Dojo of Dan Rominski (Rutherford, New Jersey) before the international Budo Seminar in Mt. Pleasant.



Seminal tutor: It was very impressive to watch Sensei Dan Rominski during the training with kids and teenagers.



Determination on the way: Shihan and Uchi-Deshi



Boundless also means going beyond the border. Only if we go to the limit, we can expand it.

So Ato Keiko !!

In Mt. Pleasant there was a lot of Ato Keiko. Yes, use every moment in its fullness! Spend no effort.

Into, into, into the happening!

Out, out! The spirit of Budoka does not end on the threshold of the dojo.

The hospitality of the entire Shinki Rengo group was heartwarming. Everyone gave their share into the community. Together we have grown and the invisible threads of the bond have been lovingly knotted these days. Such a rope will last for years, for a lifetime.

A small last sentence is still allowed, which leads to other areas of the exercise: Anyone who thinks that America does not have a decent beer can learn a lesson from the Bird Brewery in Mt. Pleasant.

Try it and join the next summer course to Mt. Pleasant!

It does not take nine years anymore.

Hai. Hajimemasu!!



Text und Photos: Claudia Buder





Driving to the airport in Detroit the excitement was palpable to see Nakajima Sensei, his wife Susanne, and Michael Babsia again. Claudia and friends were to arrive later that day. After training in Oberkessach at the main Shinki Dojo and other locations in Germany over the past 3 decades, and having trained together in Japan in 2005, I was excited to see my extended Aikido family again and to have them meet and train with my students here in Mt. Pleasant. It had been 9 years since they last visited our small Aikido dojo in rural Michigan. This was going to be a rare training and cultural opportunity for our American Aikidoka. In addition to our Aiki Budo seminar training and touring the local area between training sessions, we arranged for each of the German Aikidoka to stay at an American Aikidoka's home to share meals and conversation at a more private level.

The American students were very excited about the quality of instruction that they received from Nakajima Sensei, and were particularly surprised and pleased at his kindness and approachability. The quality of training at the Shinkiryu Aiki Budo Seminar in Mt. Pleasant was also enhanced by the highly skilled, energetic, friendly, and insightful Aikidoka from Germany. There was an air of intensity and focus and yet, at the same time an underlying relaxed air of loving camaraderie. The experience of the fluidity, connection and power of Claudia and Kristina, on the mat, was particularly noted by Mt. Pleasant Aikidoka. With Michael and Matthias, it was the relaxed, effortless strength in their Daitoryu that stood out.

Everyone commented on how rewarding it was to receive Ukemi from Nakajima Sensei and each came off the mat with a slightly different insight into, not only the physical techniques of Aikido, but the spirit of loving connection as well.

Here are some of the specific comments that I received from the Mt. Pleasant Aikidoka. Brian Roberts, who promoted at the seminar to third Dan at the seminar, not only trained in Mt. Pleasant but also in Hawaii and Vietnam, "The essence of Aikido is peace and harmony, which was fully on display at the Shinki Seminar in Mt. Pleasant. It was a fine example of people from various parts of the world working together to progress their skills and solidify friendships." Nancy Seefelt, who has trained with us over a year, "The seminar inspired me to grow in ways that I was not fully expecting, both inward and outward. I found great joy while training with such wonderful people. These experiences together will stay with me and I am forever grateful." From Jeremy Hix, instructor at Greater Lansing Aikido, "The Shinki Ryu International seminar in Mt. Pleasant was a beautiful event that further solidified my philosophy of how Aikido can bring the world together, create friendships, and family through training. Across countries, affiliations, and styles, in the end we are all one family under Aikido. It was a great experience to train with Nakajima Shihan, and the other Shinki Ryu Aikidoka from Michigan and around the world."



Bob Cosan, long time Judo instructor at Central Michigan University, "It was a bonus to get the opportunity to practice Aikido with the German group. The most meaningful part was getting to know and practice with such wonderful people. Each one of them was exceedingly kind and generous with their knowledge, never over teaching, just encouraging us to do one more technique." From the longest training Aikido student at the Mt. Pleasant dojo, Bill Mrdeza, "The recent Shinkiryu Aiki Budo seminar in Mt. Pleasant, Michigan served to solidify our relationship with the Shinkiryu Aiki Budo headquarters dojo in Germany. We came together as friends and training partners and left as family. The seminar allowed us to see what is possible in our journey to better understand Aikido, has breathed new life into our small dojo, and renewed the commitment to train by our members."

With the inspiration of this seminar we have increased the mat space at the Mt. Pleasant Dojo and changed training facilities. Now we have a higher ceiling which allows weapons training, especially Itto den Shinki Toho. We also have arranged from 1 hour per week to almost 2 hours twice weekly. Most of the students are talking about taking their families and going to the annual Shinkiryu seminars in Croatia or Munich, over the next two years. Many thanks to Nakajima Sensei, Susanne and the all the German Aikidoka who travelled such a long way to America and shared so much with us!



Text and Photos: Scott Vogel





Itto-den Shinki Toho Seminar in Weimar

with Michael Daishiro Nakajima, Hoshu / 15. – 16. Juni 2019

Text: Yamaoka Tesshū / Photos: Benjamin Burse



Lightning slashes!!

Using thought to analyze reality is illusion;
If preoccupied with victory and defeat, all will be lost.
The secret of swordsmanship?
Lightning slashes the spring wind!

(June, 1880)

Songs of the Way (Excerpt)

If your mind
is not projected
into your hands
even 10.000 techniques
will be useless.
Against an opponent's sword
assume no stance,
and keep your mind unmoved;
that is the place of victory.
Swordmanship:
I am not struck
nor is my opponent hit;
unobstructed I move in
and attain the ultimate.
Where swords meet
throw off illusion;
abandon yourself
and you will tread
on the living path.
The form which arises from no-mind stands in the center of things;
Blows come but do not connect—
What a marvel!
Spirit, swift;
mind, calm;
body, light;
eyes, clear;
technique, decisive!
Do not desire money,
do not depend on empty principles,
do not seek fame:
just go with what you have
and you will pass safely through this world.

Yamaoka Tesshū
(1836 – 1888)

John Stevens
The sword of no-sword
Life of the Master Warrior Tesshū
Shambhala, Boston & London, 1984





Text: Yamaoka Tesshū



Photos: Benjamin Burse

Promotions

20. August – 16. November 2019

Aikido

10. Kyu	Siebenkittel, Nika	Wi-Sonnenberg
10. Kyu	Tobler, Virginia	Wi-Sonnenberg
10. Kyu	Soliman, Hanna	Wi-Sonnenberg
10. Kyu	Naveenkumar, Devcharan	Leopoldshafen-JG
10. Kyu	Hoyer, Felix	Wi-Sonnenberg
10. Kyu	Cattarius, Matteo	Wi-Sonnenberg
8. Kyu	Bittner, Nike	Wi-Sonnenberg
7. Kyu	Popal, Sarah	Wi-Sonnenberg
7. Kyu	Popal, M.Osman	Wi-Sonnenberg
7. Kyu	Constabel, Justus	Wi-Sonnenberg
6. Kyu	Fischer, Denis	SG KIT
5. Kyu	Heitmann, Sascha	Bad Segeberg
5. Kyu	Lensch, Marco	Flensburg
5. Kyu	Marks, Juliane	Flensburg
5. Kyu	Schulz, Timo	Schkeuditz

4. Kyu	Hiort, Bärbel	Wi-Sonnenberg
4. Kyu	Margit, Mark	Pforzheim
3. Kyu	Palmer, Keith	Mt. Pleasant
3. Kyu	Schwierzy, Tino	Schkeuditz
3. Kyu	Krüger, Lisa	Cottbus
3. Kyu	Medina, Juan	Cottbus
1. Kyu	Stanciu, Paul - Olivian	Sibiu
1. Kyu	Beuchle, Guenter	Leopoldshafen
1. Kyu	Tschirner, Frank	SG KIT
1. Kyu	Weingärtner, Tobias	Leopoldshafen
1. Dan	Mrdeza, William R.	Mt.Pleasant
3. Dan	Roberts, Brian	Mt. Pleasant

Daitoryu Aiki Jujutsu

5. Kyu	Tada, Aika Marie	Heidelberg
5. Kyu	Pawlik, Tanja	Düsseldorf
4. Kyu	Wielgus, Slawomir	Wi-Sonnenberg
4. Kyu	Ando, Sachie	Düsseldorf
4. Kyu	Demachkovich, Volodymyr	München
3. Kyu	Richter, Winfried	Weiler
3. Kyu	Espitia Gascon, Carolina	München
3. Kyu	Spröh, Daniela	Rödental
2. Kyu	Haschke, Christa	Ulm-Kovacs
2. Kyu	Katzer, Liane	Düsseldorf
1. Kyu	Berger, Anna-Antonia	Kopenhagen
1. Dan	Erberich, Michael	EZ Osnabrück
2. Dan	Dettmer, Ulf	Düsseldorf
4. Dan	Downes, Nigel	Cottbus

Shinki Toho

Shoden	Link, Silke	Oberkessach
Shoden	Fay, Elisabeth	München
Shoden	Haas, Daniel	München
Chuden	Trzaski, Marius	Lahnstein
Chuden	Underwood, Duncan	Oldenswort

Seminars

2020

Seminars 2020

Mon 30. December 2019 – Wed 1. January 2020 **Oberkessach: Turn of the year Seminar**
with M. D. Nakajima Soke

Sun 19. January **Asperg: Daitoryu Aiki Jujutsu Seminar**
with Danijel Rolli

Sat 25. – Sun 26. January **Weimar: Aiki Budo Seminar**
with Duncan Underwood

Sat 1. February 10 Uhr **Oberkessach: Jubiläumstraining**
Aikido 50 Years. 1st Aikido-Training of Soke on 30. 01. 1970
in Honbu Dojo / Tokyo

Sat 22. – Sun 23. February **Edingen: Aikido Dan Seminar**

Sat 7. – Sun 8. March **Bad Segeberg: Aiki Budo Seminar**
with Claudia Buder

Sat 28. March **Weikersheim: Lehrgang für das 35. Jubiläum:**
with M. D. Nakajima Soke

Fr 3. – Fr 10. April **Hiddensee: Aiki Budo Seminar**
with Petra und Bernd Hubl

Sat 25. – Sun 26. April **Landau: Daitoryu Seminar**
with M. D. Nakajima Shihan, Bokuyokan Europa Repräsentant

Sat 9. – Sun 10. May **Aikido Youth Seminar**
with Michael Danner a.o., Shinki-Dojo Oberkessach

Sat 16. – Sun 17. May **München: Shinki Toho Seminar**
with M. D. Nakajima Hoshu

Sat 13. – Sun 14. June **Weimar: Aikido/Daitoryu Seminar**
with Michael Daishiro Nakajima Shihan

Sat 27. – Sun 28. June **München: Aikido/Daitoryu Seminar**
with M. D. Nakajima Shihan

Mon 29. June – Sat 4. July **Oldenswort: Eiderstedter Aiki-Budo-Summer-Seminar**
with Duncan Underwood

Thu 18. – Sun 23. August **Rovinj / Kroatien: Aiki-Budo-Summer-Seminar**
with M. D. Nakajima Soke

Sat 26. – Sun 27. September **Königheim: Shinki Toho Seminar**
with M. D. Nakajima Hoshu

Sat 17. – Sun 18. October **Edingen: Shinkiryu Aiki Budo Seminar**
with M. D. Nakajima Soke

Sat 21. – Sun 22. November **Bartholomä: Shinkiryu Aiki Budo Seminar**
with M. D. Nakajima Soke

Arigato gozaimasu

Preview Shinki News No. 19

The next “small” edition of Shinki News will be published in March 2020.

If you would like to contribute to Shinki News, please submit your contribution(s) to: shinkinews@shinkiryu.de and we will contact you to discuss the formalities.

Have a christmas full of Ki and a happy new year!
Shinki News Team.

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