



SHINKI NEWS

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Soke's Word

Text: Michael Daishiro Nakajima

A former high school student of mine, who is a lively teacher at 43, recently told me that she meditates for an hour a day. I was very astonished. Even though I spoke quite a lot about meditation during all new classes back then and meditated briefly (maybe 2 minutes) with the class before each lesson, I don't think that was the reason that she is meditating now. In the shortness of our conversation, I did not find out what the reason for her current practice is. But through the previous discussions in which she complained about the corona restrictions, as a lively but currently single and sociable person, I could guess that being alone led her to meditation. "Respect!" I thought. In her case, an externally imposed mishap led her to deepen.

But in terms of society as a whole, I do not have the impression that in this crisis one goes beyond the medical and the virological, even if one hears occasional warning voices, for example about our lifestyle. Fortunately, I hardly hear any religious cannibalization of this crisis apart from a few sects.

But it's not just a religious question, it's a general human one. It's about the spiritual dimension of being human. I addressed this in the last newsletter. **If this aspect is not taken seriously, we inevitably run into ruin, whether through the pandemic or through selfishness or through the complete economization of society. As I said, man does not live on bread alone.**

If a middle-aged woman, who otherwise does not seem to have any particular religious affiliation or philosophical argument, finds the path to deepening because she wants to cope with this crisis situation, and if the people who practice Budo do not do that, then they actually do not have one Budo, but just romped around over the years. One famous marathon runner said that running was everything to her and that winning the gold medal in the Olympics was the ultimate goal; and, without athletics she would be left with nothing. Budo people shouldn't talk like this. Budo is, by no means, everything for human life. Unless, one finds something deeper through Budo than physical training and success. **In all fairness, it has to be said that many marathon runners and athletes found something deeper through running. A budo person is actually obliged to do so.**

Remarks

Onigote: Enzo has sewn an onigote arm piece similar to that made by the Japanese company Biken. The price is 300 €. The fist part is supplemented with the kendo kote, which you should buy yourself. As I quickly looked on the Internet, there are some from 150 €. If you think about the transfer costs to Japan and the customs, Enzo is at least 50 € cheaper than importing from Japan. So, if you are interested, please contact Enzo: [ermarth \(at\) freenet.de](mailto:ermarth@freenet.de). The combined type of onigote arm part and kendo kote has already proven itself and is much cheaper. The wrist part is well protected. And since the part of the fist is practically never hit, it is not dangerous either, even if I have to point out that you should train at your own risk, as always, in such cases.

Cancellation: Susanne would like to draw your attention, once again, to the fact that the cancelling of membership at one's Dojo and from the Shinkiryu association are two different actions, because there are members who separate from the association, but not from their Dojo. That is why we ask the trainers to tell those who want to cancel their membership from the Shinkiryu association should contact Susanne directly. Also, this year, there were many chargebacks, without cancellation, from the association with the partly outrageously high bank fees, so that Susanne had to conduct a lot of correspondence with the people concerned. Susanne also points out something that should not be taken for granted: the duplicate of the contract with the terms and conditions on the reverse belongs in the hands of the card owner (or the parents in the case of children). It is, of course, not the responsibility of the Dojo instructor or administrator!

Promotions

November 20, 2020 – February 10, 2021

Remark: There were very few graduations during this period. And unfortunately, for some reason, the entries on the Shinkiryu list have completely disappeared. Therefore, I ask everyone who received their graduation certificates during this period to submit to me the following information: discipline (Aikido or Daitoryu), degree, examination date and graduation date. These graduations will be published in the next issue of Shinki News. Many, many thanks!

Seminars

2021

Seminars 2021

Sat 10. – Sun 18. April

Hiddensee: Aiki Budo Lehergang
with Petra and Bernd Hubl

Sat 8. – Sun 9. May

Bad Segeberg: Aiki Budo Lehergang
with M. D. Nakajima Shihan

Mon 5. – Sat 10. July

Oldenswort: Eiderstedter Aiki-Budo-Sommer-Seminar
with Duncan Underwood

Arigato gozaimasu

Preview Shinki News No. 24

The next edition of Shinki News will be published in June 2021.

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 nice spring full of Ki!
Shinki News Team.

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