



SHINKI NEWS

NO. 25

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Soke's Word

Text: Michael Daishiro Nakajima

So why should one pursue the technical, combat dimension to the utmost if one does not want to compete? A simple answer would be: „So that you can be superior to the attacker in an emergency, not in a sporting competition, but in a real threatening life situation.“ At first glance, this argument seems correct - especially if you don't want to save yourself, but someone else. One question, however, is: How often is there such an opportunity in our society today? Maybe once or twice in a lifetime. So the next question comes right away: Is it worth training twice or more a week for a lifetime? Probably less.

Rather, one could emphasize the health aspect. Then Budo, especially Aikido, with its whole-body movement, should be rated high. However, this is not a unique selling point of Budo. There are many other activities that promote health.

Furthermore, if one wanted to emphasize the camaraderie aspect, one could say the same thing. Although I have had mostly positive experiences with people doing Aikido in this regard, the Aikido community is no paradise.

Then why and what is the practice of martial arts good for? In a nutshell, one should

mention the Ki experience and augmentation. By confronting a threatening situation and trying to overcome it, Ki is promoted in the heart. And this promotes mental strength in life; and, also, in the fight against social injustice. This is all the more so if you also train intensively in dangerous martial arts. And if you only do this half-heartedly, the mental effect also remains half way.

It is like that. We practice martial arts with our body and thereby achieve spiritual strength, not only for ourselves, but also for others. And for this, it is worthwhile to train weekly.

But this does not mean that Budo is the only or the highest way for the formation of the personality. This has to happen as a whole human being with body, mind, soul, and spirit. It is important to look for the „way“ and to delve into it. This also includes wrong turns and doubts. The main thing is not to stop walking and to stay open inside. If you devote yourself to Budo with this attitude, then it is an excellent path. We should pursue the Ki and experience it, even touch it.

Promotions

15. May 2021 – 24. August 2021

Aikido

10. Kyu	Weingärtner, Ronon	Walzbachtal
10. Kyu	Renfer, Jannis	Walzbachtal
10. Kyu	Huthwelker, Magdalena	Walzbachtal
9. Kyu	Schnell, Annika	Walzbachtal
9. Kyu	Schrader, Lorenz	Walzbachtal
9. Kyu	Marr, Elia Florin	Walzbachtal
8. Kyu	Hauser, Benedikt	Walzbachtal
8. Kyu	Hauser, Mathilda	Walzbachtal
4. Kyu	Dumitrescu, Luigi	Sibiu
4. Kyu	Mutiu, Ciprian Ilie	Sibiu
4. Kyu	Lindenbach, Yves	Oberkessach
2. Kyu	Roessler, Jens	Oberkessach
1. Kyu	Dieterle, Michael	Oberkessach

Shinki Toho

Shoden	Lindenbach, Yves	Oberkessach
Chuden	Dieterle, Michael	Oberkessach
Chuden	Roessler, Jens	Oberkessach
Chuden	Brosi, Laura	Edingen

Seminars

2021

Seminars 2021

- Sat 18. – Sun 19. September** **Schkeuditz: Aiki Budo Lehrgang**
with Claudia Buder and Henry Kyerim Kowallik
- Sat 2. – Sun 3. October** **Pforzheim: Kata and Aiki Budo Lehrgang**
with Henry Kowallik
- Sat 16. – Sun 24. October** **Hiddensee: Aiki Budo Lehrgang**
with Petra and Bernd Hubl
- Sat 6. – Sun 7. November** **Dresden: Shinkiryu Aiki Budo Lehrgang**
with M. D. Nakajima Soke
- Sat 13. – Sun 14. November** **Bartholomä: Shinkiryu Aiki Budo Lehrgang**
with M. D. Nakajima Soke

Arigato gozaimasu

Preview Shinki News No. 26

The next edition of Shinki News will be published in December 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 autumn full of Ki!
Shinki News Team.

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