



SHINKI NEWS

NO. 27

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Soke's Word

Text: Michael Daishiro Nakajima

During the meditation during the Dan course (February 12-13) I spoke about the fact that the meditative fruit of the spirit has to prove itself in difficult situations in life. If not, then it wasn't fruit, just imagination. A young man in his mid-twenties once told me that he had been meditating hippie-style in India. He stayed in an ashram (monastery-like institution) for some time. He would have had various spiritual experiences. He would have thought he'd come pretty far already. When he returned to Germany, he was frisked thoroughly - probably because of his hippie-like appearance with long hair and a large backpack. He did not explain in detail what else he learned from the airport staff. The bottom line was that he was excited and suddenly lost the peace of mind he had gained in India. Then he would have understood that he hadn't gotten that far after all. He told me this with honesty.

That's a bit of a dramatic report, but if we're being honest, don't we also have similar experiences in our everyday lives? We meditate beautifully in our little room in the morning and experience peace and quiet in our hearts. Then comes the annoyances of everyday life: the newspaper wasn't delivered. The cat peed in the corner. The weather is cold and wet again. The car in front of me drives extremely slowly when I am in a great hurry. The long-awaited mail didn't come today either. The computer fails unexpectedly. An official letter asks me for some supporting documents. The chainsaw no longer starts. Someone is unreliable and does not keep their promise. I missed an important appointment. There are problems in the family. A neighbor ignored me. For some reason, I'm reminded that I hurt someone, which I'm sorry. I feel sick and tired. A good friend has died. I hear, on the news, that a child has been abused, or that a minority is being tormented, or there is a threat of war, etc.

Ignoring all of that would be unrealistic, but being rocked by it all wouldn't be the solution either. In both cases it shows that my meditation has remained fruitless. Keep calm, be relaxed, and still actively do your best. An apparent peace of heart is not enough for this. We need the true strength of the heart. No dead silence, but living stillness.

Here I would like to remind you of an anecdote of one of my favorite princes in the 16th century (Sengoku-Jidai = time of warring principalities), which I have occasionally mentioned and probably also described:

The prince's name is Uésugi Kenshin (1530-1578). The enemy Lord Hôjô Ujimasa once surrounded Karasawayama Castle with 35,000 men, which was defended by the castle lord Sano Masatsuna. Masatsuna was a very loyal ally of Kenshin. Kenshin only had 8,000 men to help Masatsuna because other soldiers were engaged in combat in other areas. But Kenshin didn't want to let Masatsuna down. So, he decided to break through the encirclement with fewer than 100 men. He and his people passed through them without armor or guns, only with a white cloth around their heads. The surrounding enemies were stunned and let Kenshin's small army through. There was great rejoicing in the castle when the soldiers saw the great prince himself coming to their aid. The next day, with renewed courage, they attacked a corner of the encirclement and, with the help of the other soldiers waiting outside the encirclement line, defeated the enemy. Yes, that was Uésugi Kenshin, who practiced intense Zen meditation in his everyday life. He did not fear death, he kept loyalty to his ally with thoughtful and daring tactics and strategy. In this way he succeeded through "death" to the life of those who were defeated.

„I originally wrote "Happy Easter" before the start of the invasion of Putin's soldiers into the sister country of Ukraine. Since then, a completely unnecessary, immeasurable suffering has arisen in Ukraine among its people, but also among the young Russian soldiers and their families, while the warmonger himself is not fighting. It must be said that as a judo man he has learned nothing of the spirit of budo. This should be a reminder to us while we train budo at least externally.

But haven't we often heard that death is not the last word of our reality? Yes, resurrection and life, that is the ultimate sublime reality. But for that we must die first. Are we willing to give our lives for others?

I wish you the weeks of reflection and a blessed, empowering Easter, as the feast of resurrection!“

Remarks

Shinki Toho

The next 10 Bokutos have already been ordered, but it completely uncertain when they will arrive because airmail currently doesn't work at all.

Dag Heuser now produces good sturdy leather tsubas. Depending on your preference, you can order either a leather or plastic tsuba. A bukoto, with a leather tsuba, costs 25 € more than with a plastic tsuba. The total price of a Bokuto is currently about 130 € with the leather tsuba, but it depends on the delivery - mainly because of the exchange rate, but also the variable price of wood.

Helmut Theobald tried the Onigote „Tora“ from the Japanese Budogu store, Biken, and is very satisfied. It currently costs about 750 €, all inclusive.

Social Fund

As announced by the distribution mail, Shinkiryu Association invests a sum of „1 Euro x number of members“ every year for our private social fund. In view of the great need of a family in a large city in Syria, many Shinkiryu members have also generously donated large amounts of money. Thank you very much! So the five of them (Ms. „Yukié“, her 16-year-old daughters and 21-year-old daughters with the one-year-old twins) do not have to live outside in a small rented tent and could, at least, move into a small basement apartment with a water connection that, sometimes, flows contaminated water. (Yes, compared to that we live in Cockaigne - at least for now.) Since they have hardly any income, they need at least 300 Euros (a little more than 100 Euros of which is for rent!) per month just to survive. Yukié is deeply grateful for our help for her sister, who lives here and whom we know to be a completely trustworthy and reliable woman, doesn't have much herself and can hardly afford anything.



Minutes of the Meeting of the Examination Commission (PK) and Trainers' Commission (TK)

Edingen, February 12, 2022, 13:45-16:00 hrs.

Head: Duncan Underwood

Protocol: Katrin Reimer

Personally present: Soke Michael Daishiro Nakajima / PK: Claudia Buder, Bernd Hubl, Rick Soriano / TK: Michael Danner, Katrin Reimer /

Guests: Enzo Ermarth, Nicolas Six

Participating online: PK: Henry Kowallik, Duncan Underwood / TK: Birgit Smentek, Gunnar Clausen / Guests: Johannes Hoffmann, Lukas Underwood

Not present: TK: Danijel Rolli, Helmut Theobald

TK TOP1: Report of the Michael Danner's Kata Working Group.

(Starting point: Existing differences in the suburi and kata processes)

In places, there were discrepancies between the written explanation and the video recordings (see last minutes, Shinki News #19, March 2020). Now, the written explanations have been adapted to the processes in the videos. Michael Danner recreated all documents, formatted them uniformly, and incorporated the corrections in coordination with Georg Umlauf. Rick Soriano translated all descriptions into English, so that the documents are now completely available in two languages. Katrin Reimer examined formal aspects (language, layout). The revision of the documents has been completed. The new versions are already released on www.shinkiryu.de/aikido.

On the further handling of the documents, it was decided:

- The created DOC files remain with Michael Danner. Michael will collect and incorporate subsequent review comments in the future.
- Change requests are also collected. In each of the commission meetings, a decision will be made on relevance and familiarization with the documents.

TK TOP2: Dealing with Training During the Pandemic.

At the moment, training is almost exclusively possible under 2G+ control. In many groups, the number of participants is currently lower than before the pandemic began.

Claudia / Weimar

The Weimar group was only allowed to train again from October 2021 and bridged the 1.5-year break – if it was allowed – with the practice of Shinki Toho and Kata outdoors. The group has dispensed with online training, as many other areas of life have only taken place in front of the screen. As a small substitute for planned and special courses, the idea and practice of meditating together arose: at the same time, each in his own place.

Bernd / Wiesbaden

For the children's training, the group was divided and two practice times were offered for three children each instead of the „big“ group of six.

Rick / Heidelberg

The search for a new dojo was successful. The group has been training since June of last year and now is in two substitute dojos until the summer of this year, when they will finally move into a new dojo.

PK TOP 1: The New Internal Structure of the PK and TK (Election of the Chairman)

The following were elected:

- PK: Chairman: Duncan Underwood, Deputy: Claudia Buder
- TK: Chairman: Michel Danner, Deputy: Birgit Smentek

PK TOP2: The Shinkiryu Organization (Initiative of Lukas Underwood)

Shinki News #24 from June 2021 presented our current organizational structure as well as an outlook on a future structure. The graphics and the explanations were created in an exchange and clarification process between Soke and Lukas, which Lukas initiated with his questions.

Based on Soke's answers, he developed the first versions of the graphics, which were then revised and refined in further conversations and discussions with Soke.

PK TOP3: Belonging to the World Associations. Discussion about separation or staying.

In the session, thoughts were collected:

- The connection to the roots of Aikido has meaning in two respects: content, to enable exchange and liveliness; and, as an external sign that may mean a „competitive advantage“ in the search for new members.
- We need exchange for our development. If we focus only on ourselves in the long run, the question arises as to how healthy growth is possible.
- Not the question of power relations, but the possibility of connection should be in the foreground. Perhaps in this sense it will be possible to maintain the lively contact with Honbu Dojo and still shape it relatively independently and freely within our association.
- In view of the plight of people worldwide (see mail from Soke about the fate of the friendly family), the high financial expenses for the higher Dan graduations are in a questionable light.
- Observed in training: For newcomers, questions of organizational affiliation usually play a subordinate role. More important is the immediate impression: How does the trainer appear, how does the group as a whole act, how is the interaction with each other? How does the association present itself?
- Ultimately, it is less important whether we belong to a world association or not. What is more important is how we are alive within ourselves as an association.
- At the moment, there is no pressure to make a decision. Over time, thoughts and paths can unfold and mature in pronunciation. In this sense, the topic should remain active.

PK TOP4: Who should benefit from the money Soke collects for the trip to Japan, in what amount, and under what conditions?

Available amount currently: 1619,- € (of which from this year 550,- €) Consequently, it is about manageable sums and how it could be used meaningfully for representation tasks. The participants' thoughts:

- Visits to Honbu Dojo are important for maintaining contacts, i.e., for the representation of the Shinkiryu Association in Japan.
 - As expected, a visit by a commissioner (or a higher Dan degree) is given a higher weight in Honbu Dojo than that of an „ordinary“ member. Visits by commissioners / higher Dan grades should be supported, as a matter of priority.
 - If the money is used for a gift from the traveler's home club to Doshu, then this is at the same time a nice gesture and practically feasible (= makes sense in terms of scope).
-

PK TOP5: A joint course of all three disciplines with the respective chairpersons.

All participants supported such a course. Duncan will take the responsibility of scheduling this.

PK TOP6: Procedure of the last election (problems and lessons learned). Procedure next time. What is our fundamental position on the elections? How does Soke see them and what is the ultimate purpose of the commissions?

On the course and hurdles of the last election in 2020:

- With the online concept used, it is not possible to guarantee anonymity and traceability of the votes cast at the same time. In the event of a challenge, the ballots cannot be recounted.

Considerations for the upcoming 2025 election:

- The 5-year cycle remains.
- In order to ensure traceability, the mode with ballot paper and returning officer is better than the online version – and acceptable from the point of view of the participants.

- The election officer should not be someone from the circle of candidates standing for election. Ideally, there is even a trusted person outside Shinkiryu/Shinkirengo.
- In advance, it must be publicly visible who is standing for election and who is allowed to vote, mainly on the website. This is the only way to get the chance to contact the election officer if you have not received an invitation to vote (another problem of the online tool: missing invitation e-mails).
- On the question of the distribution of ballots: The ballots could be published in Shinki News or on the website. Each eligible voter decides for himself or herself whether he/she sends the ballot paper by e-mail or letter to the returning officer.
- Separate elections for PK and TK would be ideal: first, the PK should be elected. As soon as their members have been determined, the election of the TK should follow. Then the vote will be clearer. The extent to which this form can be implemented must be examined.

Thoughts on the commissions:

- Yamada Sensei, in America, handles the formation of the commission as follows: The members of the examiner commission are directly appointed by him. The trainer commission is composed of elected representatives of the individual dojos.
- The examiner commission should be able to take exams in Soke's absence. If the members are directly determined by Soke, the line is clear and Soke's decision. When it comes to being able to act independently as an association in the future, elections make sense for both commissions.

No decisions were made at the meeting. The topic is to be resumed in the next meeting in 2023.

PK TOP7: Dealing with the Dan Essays

Regulations on scope and deadlines.

- The essays must be received by the PK at least two weeks before the scheduled examination date.
- Claudia's suggestion regarding the scope of information, as the text length of a DIN A4 page can vary greatly depending on the formatting: For written work, the indication in characters is now common. A page in font size 12 corresponds to about 3000 characters. Recommendation therefore:
- 2. Dan: 3000 characters (including spaces), analogous to 3rd or 4th Dan 6000 or 9000 characters.

In order to have clarity for all candidates, those rules should be published in the same place as the updated examination programs. As part of a meeting minutes in a Shinki News issue, they are difficult to find. This would have to be discussed at the latest in the next revision.

Comments from the PK on the essays.

So far, Duncan, Bernd, and Henry have commented on the essays. It should stay that way, so that each examinee receives three comments on his essay. If one of the three named persons does not find time for an essay, he/she should report to the PK so that a substitute can be quickly identified.

Management Report of the Shinki News Editorial Team

The work is well organized and, according to Lukas, is going well. There are now two graphic designers, Jann-Volquard and Johannes, and two translators, Rick and Nigel, who share the work. Due to the pandemic situation, several course reports have unfortunately failed to materialize. But there were several very interesting free articles that could fill the gaps. The only open wish of the editors, at the moment, is a larger circle of people who participate in

the active exchange and contribute articles regularly at intervals. Dan essays are very much welcomed to be published upon the consent of the examinees - perhaps not in the immediate next issue, but in one of the following. This means that the editorial team definitely has enough time for editing and possibly topics for an issue can be bundled in terms of content.

Dan Exam Courses 2022/2023

02 + 03 July 2022 – Munich

October 2022 – Weimar

March/April 2023 – Edingen

The exact dates for Weimar and Edingen will follow.

Articles

Notes



The Pacifist and War

Text: Susanne Nakajima

Events in Ukraine are escalating. What I write now may be obsolete tomorrow. I'm writing anyway.

In 1984, our children were still small, between three and eight years old. The whole family drove south, somewhere in the Swabian Alb where we joined the big human chain to stop the Pershings and cruise missiles from being stationed there. „Making peace without weapons“ was the order of the day, and we were honestly convinced that the eternal arms race would only bring us to our doom, and certain that we didn't want to be defended to death with weapons that would victimize us first. We also demonstrated against nuclear power, which we didn't think was safe. Two years later, the Chernobyl disaster happened. We didn't leave the children in the sandbox, plowed in our lettuce, and stayed indoors when it rained - while in the still existing GDR, people were happy about the surprisingly plentiful supply of vegetables. Chernobyl... what? Well, if so.

Am I thinking differently today? Essentially no.

Then came the turning point. In an unbelievably fortunate, historical time frame, what many had long considered completely impossible happened - without bloodshed: Germany was reunited.

Many of you and I would never have known and loved if it hadn't happened.

Francis Fukuyama proclaimed the „end of history.“

That was all over thirty years ago. To me it feels like it was yesterday.

Those more competent than I have analyzed historical developments since then. Where it came to the tipping point, where the already friendly relationship with Russia gave way to a new mutual distrust - I don't know exactly and I listen carefully to the various historians.

Apparently, there were gross misjudgments on all sides. Change through trade? That's not a bad idea. In the 1980s I saw the film September Wheat. Long before globalization and the triumph of the internet and digital media, this film showed me how hunger is „made“ and how money is made from it. Even then, I asked myself why armies and weapons are actually still needed when countries can be brought to their knees through poverty and economic dependency.

You can name a few things that didn't fit in with the much sought-after „Western values.“

Keyword Iraq War, Keyword Abu Ghoreib, Keyword Guantanamo, Keyword Afghanistan, and many others.

But the „West“ still largely has an independent judiciary, free elections, and a free press alongside its capitalism, consumerism, hedonism, and lobbying. Even if, even that, is now disputed by some.

As far as I can see, Russia doesn't have that. Neither does China. Syria doesn't. North Korea doesn't. And so on.

And autocrats are springing up everywhere like mushrooms, even in places where people previously believed them to have stable democracies.

So, I don't want to bother with more history here.

I don't have the solution.

But I wrote an article, here, a few years ago about my conflicted relationship with ken-jutsu as an archaic „art of killing.“

Here is a key.

There is an enormous potential for aggression in all of us. I realize this very quickly, when I consider my violent emotional outbursts, and my hateful reactions when I sit in front of the TV and listen to Vladimir Putin's speeches, for example. I'm light years away from sovereign control.

At the same time, I don't know how much courage I would muster if I were actually in a war situation, if I was being tortured - would I just whimper in fear, would I betray my loved ones? I dare not make any predictions.

So, it's worth anticipating such a situation, training yourself, working on yourself with great seriousness. You can do that with weapons, of course you can also do it without weapons.

Just don't think there's a silver bullet of keeping a clean slate and not incurring any sort of guilt.

Make peace without guns? Yes, of course!

But a few days ago, I gave up my view that arms should not be supplied to Ukraine.

You're not only allowed, you have to! Anything else would be what the Ukrainians rightly felt: you're letting us down, but you're talking a lot of blah blah!

And if that unleashes World War III?

Hmm. May we sacrifice a country for fear of it? What comes next?

Not a country: people! Millions of people who just want to live independently within their borders and do not threaten anyone or any other country.

Of course, a solution must be found for the separatist regions of Donetsk and Luhansk. But not one where you shoot down an entire country and want to get rid of an elected and desired president! This conflict is also fueled by all means. Not to mention Crimea, which was taken in a coup and the world faintly protested a bit.

All our sons have refused military service. And I'm actually proud of that. Nevertheless, I am now also a supporter of a well-positioned Bundeswehr. Short and good. How you turn it, you can't get out of the dilemma. Violence is answered with counter-violence, the stronger "wins". (But what does he actually gain?) And there is structural violence, which can be just as cruel, is just as cruel: when there is grave silence in states because no one dares to speak their mind anymore, otherwise they would disappear into prison or he/she has to fear his/her relatives, or because he/she simply cannot live the life he/she wants (because, for example, as is already the case in China, without the „social credit points“ one would not have a job, no credit, no apartment, or able to get anything else).

Power, i.e., one or a group can impose its will on another or another group because it is stronger. The urge to do so is apparently part of human DNA. But is this inevitable?

You all know that my husband, the Sensei, is a Christian - first of all, that and everything else afterwards.

In my opinion, Jesus Christ is the most blatant alternative to power. „Love your enemies, do good to those who hate you“. And „bear one another's burdens.“ In both statements His life and teachings are briefly and exhaustively described. And He carried it through to an ignominious, completely undeserved death on the cross.

According to the Christian faith, that's not all, because life points beyond it - Easter. So, don't fight?

Unfortunately, I have to admit that it doesn't work. Sometimes you have no other choice. If someone puts a gun to one of my grandchildren's temples, I wouldn't hesitate to break their skulls in if I could.

But I wouldn't take that to mean that killing is sometimes „allowed.“ It never is. At least inevitable. When I „disarmed“ a tank crew with a bazooka or a Molotov cocktail - I'm sure some Ukrainians who aren't soldiers are now able to do that - then I also killed people, sons of mothers, husbands of wives, fathers of children. No reason to celebrate. And yet it happens and, still, it must happen.

What does that mean for Budo, for everyday life?

Become free from hatred inside. Practice respect for life. Never boast of any form of superiority. Be humble.

It's not easy. But necessary.

Peace to Ukraine! Peace to all people everywhere!



Text: Susanne Nakajima

Seminar Reports

Dan Seminar

in Edingen / 12th and 13th February 2022

Text and Images: Enzo Ermarth



On February 12th and 13th, a seminar by Nakajima Sensei took place in Edingen after a long time. 30 participants found themselves on the mat and defied all adversity caused by Corona.

On Saturday afternoon, the commissions met. The meeting had to be done hybrid (in person and virtually), which worked amazingly well.

In the evening there were also two 3rd Dan exams.

During meditation, Sensei talked about a special aspect of Budo and his thoughts about a book that he was reading. In particular, he stressed that our effort should be to find depth in meditation. This means that our success, our deepening in meditation, is only revealed when we are actually put to the test. *Subjectively, of course, everyone feels progress, but we can experience how it works for us when we are challenged. Of course, our willingness*

not to let ourselves be upset by death today is not demonstrated by having death in mind in battle. Rather, in everyday life, privately or at work, we are required in various ways to keep calm in special, conflict situations. Then, to actively and confidently help shape a situation and not to experience it passively is the moment when we can recognize our progress.

Sensei took over part of the training on Saturday and all of it on Sunday.

The various representatives of the examiner and trainer commission, who were present, provided an interesting, varied training program for all trainees, which was taken from the examination program for the various Dan examination techniques.



Text & Images:
Enzio Ermarth

Promotions

November 16, 2021 – February 22, 2022

Aikido

10. Kyu	Buck, Paul	SG KIT
10. Kyu	Kozlowski, Aleksy	SG KIT
8. Kyu	Winkelmann, Valentin	Leopoldshafen-JG
8. Kyu	Buhr, Niklas	Rheinbreitbach
7. Kyu	Kollum, Johanna	Leopoldshafen-JG
7. Kyu	Kelmendi, Leon	Leopoldshafen-JG
7. Kyu	Madlener, Elias	Leopoldshafen-JG
5. Kyu	Schulz, Simone	Ulm-Jablonski
5. Kyu	Schauer, Bernd	Oldenswort
2. Kyu	Jochimsen, Frank	Oldenswort
2. Kyu	Ahrens, Christina	Oldenswort
2. Kyu	Tada, Aika Marie	Heidelberg
3. Dan	Gvirtz, Alejandro	Heidelberg
3. Dan	Haraszi, Tamas	Heidelberg
5. Dan	Kowallik, Henry	Dresden
5. Kyu	Dimulete, Lacramioara	Sibiu

Daitoryu Aiki Jujutsu

5. Kyu	Schnabel, Jens	Lahnstein
4. Kyu	Daun, Marcel	Lahnstein
4. Kyu	Schad, Moritz	Lahnstein

Shinki Toho

Shoden	Diefenbach, Wolfgang	Lahnstein
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Seminars

2022

Seminars 2020

Sat 26. March

Bad Segeberg: Aiki Budo Seminar
with Duncan Underwood

Sat 2. – Sun 10. April

Hiddensee: Aiki Budo Seminar
with Petra and Bernd Hubl

Sat 14. – Sun 15. May

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

Sat 25. June

Leopoldshafen: Akido Seminar
with Rick Soriano

Sat 2. – Sun 3. July

Munich: Aikido/Daitoryu Seminar
with M. D. Nakajima Shihan

Mo 25. – Sat 30. July

Oldenswort: Eiderstedter Aiki Budo Summerseminar
with Duncan Underwood

Di 23. – Sun 28. August

Munich / Fuerstenfeldbruck: Aiki Budo Summerseminar
with M. D. Nakajima Soke

Sat 17. – Sun 18. September

**Koenigheim: Shinki Toho Seminar
on the Occasion of the 25th Anniversary of Bucon Dojo**
Shinki Toho Seminar with Nakajima Soke

Sat 19. – Sun 20. November

in Bartholomä: Shinkiryu Aiki Budo Seminar
with M. D. Nakajima Soke

Arigato gozaimasu

Preview Shinki News No. 28

The next edition of Shinki News will be published in June 2022.

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 time full of Ki!
Shinki News Team.

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Monika Popp



Rick Soriano



Nigel Downes



Johannes Hoffmann



Jann-Volquard Posenauer