



SHINKI NEWS

NO. 29

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**Shinki News No. 29 / September 2022**



## SHINKI NEWS

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# Soke's Word

Text: Michael Daishiro Nakajima

**T**oday, I have to pass on some critical words. Perhaps what follows should read as a „soap box sermon,” but that’s not entirely unintentional.

During the Corona pandemic there were some movements among Budo practitioners. Not only that there were a number of exits, but also that the best of the situation does not always seem to have been made, which would also be possible in the time of crisis. If someone does not attach particular importance to Budo, then it is understandable that one moves away from it at such a time. However, if someone did put emphasis on it more or less, then it could also be a kind of mental weakness if practice is neglected. Of course, this is true in general, but mental strength is particularly important when it comes to Budo. When O-Sensei describes Aikido as the budo of love, that does not mean that one can indulge in feeble dreams of peace. O-Sensei wrote that life, as a whole, is a battle situation. He pointed to the fact that this is already the case in the micro-world of viruses and bacteria. If we experience such severe diseases as Corona or Monkeypox today, then we can understand such thoughts very well. If we don’t have enough strength to live, we succumb to their attack.

Especially through Budo, we should not only promote physical strength, but above all, mental ones. If we stop training on minor difficulties - and not just on the mat - then there is neither technical development nor mental strengthening. Whether you get vaccinated or not, there was, for example, the opportunity to conduct sword practice outside in the fresh air, as some did.

Incidentally, in my opinion, it is completely wrong that the vaccinated and the unvaccinated condemn each other. The government must take certain

measures for the sake of the health of the population. Sometimes mistakes happen, sometimes it is rather careless, sometimes rather exaggerated. But that’s no reason to ignore the possibilities that still exist. Then the government would have actually ruled over us. But let’s be serious. We don’t live in a dictatorship. Everyone has the right to make decisions about their own body up to the point where it is a matter of endangering others. That’s still the consensus in this country, even if there’s not much consensus. I hope everyone has thoroughly reflected on their decision - no matter what it is - and is still willing to respect and listen to those who think differently. We don’t know what this winter will bring. But if there are restrictive measures, we will train under their conditions. For those who are not vaccinated - if they are excluded from normal training by decree - I wish that they train outside as much as possible. We are happy for the vaccinated that they can train on the mat and also conduct a seminar. Let us not be blind, anti-medical and reckless, nor overcautious and cowardly. By the way, it should be noted that both groups are afraid: those who have no hesitation in getting vaccinated in order not to get sick. But, also, those who refuse to be vaccinated because of the possibility that the vaccine will damage their body.

**Budo is not for the daredevils, nor for the cowardly: for those who thoughtlessly advocate violence, but also for those who advocate peace but flee when danger approaches, while those caught up in unjust conflicts or those themselves unable to flee, being abandoned. If you practice Budo because you don’t want to be like that, then that’s okay. But if you practice Budo and consider the attitude criticized here to be correct, then there is no point in practicing Budo. At least it doesn’t fit Shinkiryu Aiki Budo.**



## Remarks

### Shinki Toho

Unfortunately, the 10 Bokutos that were ordered have still not arrived (as of August 31, 2022).

Onigote dealer couple Shiina Midori and Kazumi, 7th dan in Kendo, made great progress through online classes. They practice diligently every week. So far, they progressed to Go-honme (he as Uchidachi and she as Shidachi). Soon they will come to the uchidachi-shidachi-kotai.

### Social Fund

There is now a positive trend with our Syrian family. Yukié had a successful stomach operation, thanks to our financial help, and is slowly eating without vomiting. Her 22-year-old daughter (the mother of the twins) has stabilized mentally and can contribute a bit to the family income by doing handicrafts. The eldest son of Namika (who lives in Germany) was able to start an apprenticeship. The second son, who already has a hard job working three shifts, received a three-year residence permit. As soon as he takes the integration test, he can also obtain his permanent permit. The third son, who started his apprenticeship as a carpenter at a full-time vocational school a year ago, achieved good grades and can show impeccable practical work. He now has a permanent training contract and works in a carpentry shop. The fourth son, 7 years old, successfully completed the first grade and is now promoted to the second.

Only the mother of Namika and Yukié is not doing very well, despite her daring heart surgery. She has been ill for a long time, has severe diabetes, and at the end could not cope with all the terrible war experiences and the many human tragedies in her family. Namika would like to send a son to Egypt to bring joy to the grandmother in her joyless situation, but the Egyptian authorities have not yet granted entry permits.

The money that Yukié's daughter earns is far from enough to pay for the rent in the basement apartment, in which the extended family will have to freeze again next winter, and to support the family. So far, we have been able to send an average of 200 Euros per month to Syria, apart from some special expenses such as the operation on Yukié or her mother. Until the end of this year, we can continue to donate so much. After that, we have to reduce the amount to 100 Euros so that we can pay for the rent on a permanent basis. Because the monthly permanent donation from some of you amounts to a total of approximately 150 Euros. And we must also be prepared for emergencies.

Therefore, we had to stop Elena Pagel's help for Ukraine for the moment after we donated a total of 1000 Euros to her. She states meticulously who she passed the money on to. For example, to a woman with 4 children who fled to Prague; to a psychologist who fled to Spain, where there is said to be no state support. She is looking for an online treatment option which is very difficult at the moment; to a photographer living in Russian-occupied territory. I found it really sweet that Elena donated a ukulele carrying strap to a young musician for 10 Euros. She reported on this with the photo of the musician, who is visibly happy! I would have loved to have shared this with you, but I prefer not to do that because of data protection, especially in this delicate situation.

Thank you once again for your willingness to help!

# Articles

Notes



# MU - Nothing. Without. Empty.

## Interview No. 13 with Duncan Underwood

**W**hat is nothing? Why is a state of emptiness desirable? In our culture, both terms are used synonymously and stand for „having done nothing for something,“ in German, or if something is „saying nothing,“ or I „can't help it.“ And the emptiness? It's rather scary. I, Nicole Knudsen (NK), spoke to Sensei Duncan Underwood (DU) about the meaning of the two terms in Budo.

NK: Dear Duncan, our first interview was in October 2017. It was about the question of whether Aikido is a martial sport or a martial art. Do you remember?

DU: Yes, I remember that well. Has it really been that long?

NK: Yes, actually. Now, 12 interviews later and more than four years later, we still have enough topics. You once said „What you have to say, you say on the mat - during meditation.“ The interviews are often threads of thought spun from what you said during meditation. What is it about?

DU: I think it's good to summarize, reflect, and sort thoughts again. An interview is a helpful method to illuminate the individual aspects again from different perspectives with a certain ease. In this structured way you can let your thinking flow again, which is very useful for our topics.

NK: How did you come to these topics?

DU: When we sit down to meditate, I don't know in advance what I'm going to say, I haven't prepared anything. 90 percent occurs spontaneously. I say what comes to me in that moment. The sentences are in flux and develop from within. When I say I didn't prepare anything, I don't mean it's a „lazy trick,“ just that it doesn't go like a presentation. Just letting the thoughts come is necessary in order to be able to express essential things. Saying the unspeakable works best when it comes intuitively from the situation, when allowing thinking to develop.

It's the same with the interviews, you always suggest the topics. I react spontaneously to your questions in order to preserve authenticity, to be there in the moment.

NK: You said that sometimes it can be helpful to add something to what is said on the mat. Same today. One of the last meditation topics was MU - the term stands for emptiness or nothingness in Zen - we want to talk about that.

DU: There are different philosophical approaches to nothingness and the term MU. But terms and descriptions don't really matter to me. They bind you, captivate and distract you from what we do and are now. Of course, MU plays a significant role, because MU includes everything that means the teaching.

NK: While in western culture the nothingness often seems threatening, in Aikido it also stands for „not doing,“ „not thinking,“ etc., and is elementary for the real understanding of doing, don't you think?

DU: Yes. NOTHING has nothing to do with doing nothing in the sense of being unproductive, not conducive to intellectual or economic progress, it does not mean regression and it is not negative. The experience of MU through not doing while sitting during meditation leads to the perception of something completely different, which has nothing to do with mastering the world. For us, everyday life is always about control. This is how science is structured, professional life and, for some, even partnerships. NOTHING includes an unbelievable variety, which increases creativity and productivity. Actually unthinkable...

NK: Emptiness is also an essential concept in Buddhism and roughly stands for „everything is empty and devoid of permanence and is mutually dependent.“ In Western culture, the two terms NOTHING (MU) and VOID are often used interchangeably. What do you think about that?

DU: For me it's terms, descriptions. The content is difficult to define. Concepts are always just attempts to mentally shed some light on phenomena that are otherwise incomprehensible. Ultimately, they don't matter, they're just definitions. And I don't know exactly what role they play in Buddhist teachings. I'm not in that depth in those religious rules. But what convinced me was the purist BEING of Zen, which is not based on the fact that ten-thousand pages have been written about it. It is important that the experiences of mankind are behind all the terms you have mentioned. They were lived and passed on in Zen. And if they hadn't been so alive, if these deep insights hadn't been so fascinating and so immensely beneficial for life, they wouldn't have stood the test of time. Although things were written down all over the world with different semantics, they were often highly sophisticated. That can also be deceptive. Of course, it doesn't have to be. I do not mean to say that one should suspend the mind. Not at all. But for the whole perception of our world, there is more to it than just the logos.

It was probably the same when the Bible came into being. There, too, the scholars were arguing about the writings, perhaps they were also arguing about terms, perhaps also about NOTHING and EMPTY. But Jesus didn't need that. He was someone who immediately understood the meaning behind it; He can't be overestimated because He had almost barrier-free access to knowledge, access to what THERE is. But now it's not about the Christian faith or the Son of God, it's about the fact that terms are always good for arguing because they allow for many interpretations. From this, it follows that one wants to be right, but the deep inner understanding is then no longer in the foreground. So: it doesn't matter if NOTHING or EMPTY are the same or not. Whether or not they describe different nuances or different aspects.

MU describes the overall state of being empty, meaning a great inner stability without

firmness, rigidity. At the same time, MU is a tool because it contains and generates images that, while helpful for the path, can also be distracting and misleading. But it says: „You have to eat the MU.“ If you have internalized it, if it has become one with you, it is good. Otherwise, it gets in your way. It is the same with the descriptions of the deeper truth. You can make it come alive and experienceable, but not by writing them down. In this sense, MU is only a tool. Every concept has to be eaten and digested. BEING THERE, as such, does not need descriptions because they can be barriers if we hold on to them.

The NOTHING, the MU, the EMPTY can be subsumed under letting go, all these terms say: let go! Accept existence. This is incredibly helpful in our everyday life. This is exactly what fascinates many, encourages, stimulates, and gives more than a connection to the earth. That's the point: we humans need positive support. And a tool that allows us to unlock the inner eye. This is the statement of Zen. Everyone has to start with themselves. Without this „selfish“ step to deal with yourself, the next one will not succeed. Namely being involved in universal events. Everyday life remains the same, but your own perspective changes. Everyday life becomes more manageable, gives life a positive tone. Letting go is suitable for everyday use.

If you can distinguish umpteen terms, but don't understand the size of the universe and haven't discovered the insane context in which we live, you haven't gained anything. The meaning of existence is being in the moment.

NK: Dear Duncan, thank you for the interview.



Interview: Duncan Underwood and Nicole Knudsen

All interviews with Duncan Underwood are available under the heading Matwhisper [HERE](#)



# Promotions

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May 24, 2022 – August 31, 2022

## Aikido

10. Kyu	Engisch, Michel	Rheinbreitbach	5. Kyu	Rizolu, Cristian-Mihai	Sibiu
10. Kyu	Rocco, Liam	Wi-Sonnenberg	5. Kyu	Marculescu, Gabriel-Florin	Sibiu
10. Kyu	Rocco, Elias	Wi-Sonnenberg	5. Kyu	Häußler, Claudia	Ulm-Jablonski
10. Kyu	Ellger, Malik	Wi-Sonnenberg	5. Kyu	Schuster, Tanja	Ulm-Jablonski
10. Kyu	Heuß, Valentin	Wi-Sonnenberg	5. Kyu	Bax, Charlotte	Bad Segeberg
10. Kyu	Kasmi Laoukili, Aya	Wi-Sonnenberg	5. Kyu	Rautmann, Maren	Bad Segeberg
10. Kyu	Frings, Liah	Rheinbreitbach			
10. Kyu	Buck, Michel	Leopoldshafen-JG	4. Kyu	Weiß, Björn	Linz
10. Kyu	Kelmendi, Alexander	Leopoldshafen-JG	4. Kyu	Paluszek, Gabriel	Coburg
10. Kyu	Steckler, Tobias	Leopoldshafen-JG			
10. Kyu	Werner, Timo	Leopoldshafen-JG	3. Kyu	Lanovsky, Vladimir	Ulm-Jablonski
10. Kyu	Gramling, Markus	Oberkessach	3. Kyu	Hammann, Christopher	Ulm-Jablonski
			3. Kyu	Wichmann, Arian	Weimar
9. Kyu	Buck, Paul	SG KIT	3. Kyu	Hiort, Bärbel	Wi-Sonnenberg
9. Kyu	Eichhorn, Sophia	Oberkessach	3. Kyu	Simon, Anke	Heidenheim
8. Kyu	Hiort, Julika	Wi-Sonnenberg	1. Kyu	Demachkovych, Volodymyr	München
8. Kyu	Hanusch, Lilli	Wi-Sonnenberg			
8. Kyu	Braune, Benjamin	Wi-Sonnenberg	1. Kyu	Wielgus, Slawomir	Wi-Sonnenberg
8. Kyu	Knopp, Constantin	Wi-Sonnenberg	1. Kyu	Kipke, Eugen	Wi-Sonnenberg
8. Kyu	Koppányi, Kristian	Oberkessach	1. Kyu	Ahrens, Christina	Oldenswort
			1. Kyu	Jochimsen, Frank	Oldenswort
7. Kyu	Althaus, Johannes Nikolaj	Rheinbreitbach	4. Dan	Theobald, Helmut	Oberkessach
7. Kyu	Hoyer, Felix	Wi-Sonnenberg			
7. Kyu	Soliman, Hanna	Wi-Sonnenberg			
7. Kyu	Krenzer, Lea	Wi-Sonnenberg	Fuku-Shidoin	Haraszi, Tamas	Heidelberg
			Fuku-Shidoin	Constantinescu, Florin	Heidelberg
			Fuku-Shidoin	Tranca, Liviu	Sibiu
			Shidoin	Theobald, Helmut	Oberkessach

## Daitoryu

5. Kyu	Rizolu, Cristian-Mihai	Sibiu
5. Kyu	Marculescu, Gabriel-Florin	Sibiu
5. Kyu	Bruma, Eduard	Sibiu
4. Kyu	Dimulete, Lacramioara	Sibiu
4. Kyu	Konrad, Tobias	Oberkessach
4. Kyu	Lindenbach, Yves	Oberkessach
3. Kyu	Fulea, Ovidiu	Sibiu
3. Kyu	Brand, Monika	München
2. Kyu	Winge, Dorothea	Weimar
2. Kyu	Roessler, Jens	Oberkessach
1. Kyu	Tranca, Liviu	Sibiu
1. Dan	Jablonski, Andre	Ulm-Jablonski
1. Dan	Hoaghea, Teodor	Sibiu
1. Dan	Dieterle, Michael	Oberkessach
2. Dan	Brosi, Laura	Edingen
2. Dan	Fries, Michael	München
3. Dan	Boesl, Franz	Regensburg
3. Dan	Six, Nicolas	Oberkessach
Okugi 3D	Reimer, Katrin	Weimar
4. Dan	Paluszek, Arkadiusz	Rödental
5. Dan	Buder, Claudia	Weimar

## Shinki Toho

Shoden	Demachkovych, Volodymyr	München
Shoden	Vogel, Scott	Oberkessach
Chuden	Reimer, Katrin	Weimar-Cld
Chuden	Schwierzy, Tino	Schkeuditz

## Shinkiryu Aiki Budo

Hosshi	Zipser, Erwin	Heidenheim
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# Seminars

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2022/2023



## Seminars 2020/2023

Sat 1. – Mon 3. October	<b>Pforzheim: Aiki-Budo-Seminar</b> with Marius Trzaski	Sat 31. December – Sun 1. January	<b>Schöntal-Oberkessach: Turn of the Year Seminar 22/23</b> with M. D. Nakajima Soke
Sat 1. October	<b>Bartholomä: Ittoden Shinki Toho Seminar</b> with Helmut Theobald	Sat 25. – Sun 26. March	<b>Heidelberg: Aikido Dan Seminar</b> with M. D. Nakajima Shihan
Sat 15. – Sun 16. October	<b>Weimar: 30th Anniversary of Weimarer Dojo</b> with M. D. Nakajima Soke	Sat 22. – Sun 23. April	<b>Coburg: Ittoden Shinki Toho Seminar</b> with M. D. Nakajima Hoshu
Sat 19. – Sun 20. November	<b>in Bartholomä: Shinkiryu Aiki Budo Seminar</b> with M. D. Nakajima Soke	Sat 20. – Sun 21. May	<b>München: Aikido/Daitoryu Seminar</b> with M. D. Nakajima Shihan
		Sat 17. – Sun 18. June	<b>Landau: Daitoryu Seminar</b>

# Arigato gozaimasu

## Preview Shinki News No. 30

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

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

Have a nice autumn time full of Ki!  
Shinki News Team.

## Imprint

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Realization: Lukas Underwood and Jann-Volquard Posenauer

Editing: Monika Popp

English translation: Rick Soriano, Nigel Downes

Layout and Design: Jann-Volquard Posenauer and Johannes Hoffmann

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