



SHINKI NEWS

NO. 30



Onegai shimasu

Editorial

Text: Lukas Underwood

Dear Members,

The last issue of the year is always special, as it inevitably makes me reflect, while writing the editorial, on the development that this newspaper has taken. Looking back on the months of the pandemic that is now behind us, where training and seminars were hardly possible, I am all the more pleased that we finally have seminar reports in Shinki News again and at least the content feels normal again. There are two seminar reports from Leopoldshafen (Sabine Krissel) and Weimar (Claudia Buder). Rick Soriano writes in the editorial about a topic that probably concerns us all: injuries and aging in general during training. Sensei's newsletter is, of course, included. Originally, this issue of Shinki News was to include some dan essays as well. However, after a vote by the Examination Commission, these will appear in a separate place in the future, with the consent of the authors.

We wish you happy holidays and a happy new year.
The Shinki News Team

Contents

Shinki News No. 30 / December 2022



SHINKI NEWS

Page 04 / **Soke's Word** (M. D. Nakajima)

Seite 07 / **Articles**

Seite 11 / **Seminar Reports**

Page 28 / **Promotions** (September 1st, 2022 – December 1st, 2022)

Page 31 / **Seminars** (2022/2023)

Page 33 / **Imprint**



Soke's Word

Text: Michael Daishiro Nakajima

In recent years, we had about 20° Celsius in the house during the winter. As energy costs rose and expensive fuel became scarce, we lowered the room temperature to 18°. I've found it's not that bad. So we are now satisfied with 16°. We dress a little warmer because it gets cold if we don't move around a lot at the desk. The situation after the Second World War comes to mind again. We didn't have central heating in Japan. The wooden wall of the house was thin and the front door didn't close properly, so one evening a policeman came and warned us about possible burglars. In the living room there was a small square pit cut into the floor. Above it was a low table. A kind of quilt was laid over the table, reaching to the floor and keeping the pit covered. We dangled our feet under this blanket while sitting on the tatami floor. The funny thing about this facility was that there was a fireplace in the bottom center that burned charcoal. So it was warm under the covers. But since the room temperature was low - certainly below 10° in the coldest time - we all wore thick jackets. Although, of course, only four people could sit there, it was not a problem for my family, because it consisted of only three people - my mother, my step-grandmother, and me. From time to time, my mother's boyfriend at the time, who usually lived at home with his parents nearby, would come over. And a lot was done at this table: doing homework, playing cards, taking naps, etc. When your feet are

warm, you can endure a lot. Our current situation is far from that. I even get a slight feeling of home.

People are really suffering in Ukraine, in Syria, in Yemen, and from another situation also in Iran because of the political situation, or in Iraq because of the drought even in Mesopotamia, where two big rivers flow, which actually make the area very fertile, etc. etc. Also in Germany or in Japan there are people who have no place to live because of abject poverty or who have to worry about how to feed their children on a daily basis. And if we are not affected by it and still whine, then we whine at a very high level, as we all know. That would be very far removed from the Budo spirit. But what is the so-called Budo spirit if it should so easily vanish into thin air when a small crisis comes? Yes, if it's just a matter of human effort, it would be easily gone, even if one tries to be strong in the good times.

We should strive to go beyond that. Perhaps we should even fail - and die - in this quest to find and become one with something greater, the very reason of our existence. Only then will we stand up in the crisis and be a support for other, really suffering people. We don't want to be a fleeing samurai like you see in some movies...

Remarks

Shinki Dojo Mats

Several mats in the Shinki Honbu Dojo are very old and worn out and have holes in them, so we even had to fear injuries. So we replaced 12 mats (1740 Euros). Actually, at least another 10 mats are no longer good, but we have to postpone replacing them until next year due to cost reasons.

Shinki Toho

We currently have 6 Bokuto in stock. (as of 16.11.2022). A Bokuto with a plastic tsuba costs 100 Euros with this delivery, and 125 Euros with the leather tsuba. In principle, Bokuto are only available for our members.

Social Fund

Unfortunately, this time there is no good news. The situation of Yukié's family has become very critical. Before I provide my update, I would like to refer you to the link that Thomas Bunke kindly emailed to us. In it, the situation in Syria today is described very well - practically identical to what Namika tells us: <https://www.nachdenkseiten.de/?p=90401>

So now to Yukié's family: As we have repeatedly reported, she lives in a basement apartment together with her 22-year-old daughter „Sa“ with the two-year-old twins and the 17-year-old daughter „Si.“ Currently, all five have fallen ill and have been hospitalized: pneumonia. One of the twins, in particular, seems to be doing very poorly. It was very difficult for Namika to even find out because she could not reach Yukié for almost two weeks. Because electricity is in short supply. As you can also see in the link above, electricity is only available a few hours a day. In addition, the mobile phone is constantly interrupted, even if Namika was able to reach some acquaintances. The basement apartment has no heating and does not receive any sunlight. You can only get a bottle of gas once every few months. But you can't use it for heating. Because then there is no way to cook. The whole family goes to a bathhouse once a month, where they can take a quick shower. There is no running water. The water from the tanker is not clean. If you shower with it, you may get a rash. It always has to be boiled. And because many in the neighborhood have also contracted pneumonia, Namika suspects it could be from the contaminated water.

Today (Nov. 16, 2022) new bad news came. Since Yukié didn't have enough money, the little boy was practically forcibly discharged from the clinic, even though he can't breathe properly and his face is turning blue. Susanne immediately gave 200 € from the social fund to Namika so that she could transfer it to Syria through the known route. The boy will die - to be clear - if he doesn't return back to the hospital right away, at least one has to fear permanent damage.

There was also a negative message from Namika's eldest sister („Jo“). With our support, she was able to get the effective injection for her ailing knee, and the pain was bearable for a few months. But now the knee is deteriorating rapidly and she needs an artificial knee. But the operation costs 800 Euros. There is no health insurance in Syria and you have to pay the costs in cash. Otherwise, there is no intervention.

Yes, that's the situation. The linked article talks about the hospital, which also has to fight for the relief supplies. After all, it can officially receive donations. Many others do not have this option. We have to help in two ways, in my opinion, where we focus on the family, who otherwise receives no help. You're not even safe on the open road. Namika's second eldest sister lost her daughter and her 3 children overnight. They were kidnapped and no one knows where they are. Namika's younger sister injured her upper right arm so badly by a bomb that she can now only work with her left arm. Her daughter, on the other hand, suffered a similar severe injury to her lower leg.

It is easy to imagine how valuable our help is for them. Unchanged, some of you transfer the money regularly, and others donate a larger sum at once. Thank you very much! We are considering how and in which order we should help: When the annual fee is collected in February, we will have around 550 Euros available again. Together, with the current income, we can very probably get the operation on „Jo“'s knee done, in addition to the running costs for Yukié's family. Namika is very grateful for our help. Susanne and I would like to thank you once again for your willingness to help!

Articles

Notes



Aikido, Injuries, and Aging

By Rick Soriano

After successful knee surgery on July 20, 2022, I sat in my hospital bed and had time to reflect on a topic that has always fascinated me in my 30 years of Aikido practice: how to deal with injuries and aging in Aikido.

Going into rehab and unable to exercise or walk on my own, I felt empty and despair at not being physically able to practice Aikido or move freely like I used to be able to. No doubt many of the readers have had similar problems and thoughts.

Injuries

Most of us have witnessed injuries on the Aikido mats, some due to carelessness or clumsy movements by Nage or Uke; some harm as a result of absent minded Aikidoka who lose control of their movement; or, some injuries occurring due to just being in the wrong place at the wrong time (unavoidable accidents or mistakes). Still, others may have sustained an injury outside of the Dojo, but the injury was further aggravated by continuing to train, despite the tell-tale signs that professional medical care should have been sought and/or adhered to. This was my case.

For several years, I have been nursing a sore right knee, thinking that it was irritated by a bad hip or, even worse, an aging spine. Perhaps from jumping out of airplanes, carrying heavy rucksacks or other physical effects of being in the military, or doing various martial arts for over 30 years. I didn't know what was causing the pain. I avoided seeing a doctor. I thought that I was invincible as most people do when they are young. I was fooling myself. I am no longer young.

After one or two weeks of severe pain, I usually healed on my own and was well enough to train again. As one ages, the recovery time takes a little longer... or a lot longer. Healing and reducing pain takes even more effort. Pain is your body's way of telling you that there is an injury and to be careful.

I was naïve, but experienced enough to apply various pain management techniques to thwart the significant pain I started experiencing prior to teaching a seminar in Leopoldshafen in June 2022 and while attending Nakajima Sensei's seminar in Munich the first weekend of July 2022. On the second day of the weekend seminar in Munich, I could only watch training because my right knee could no longer support me and the pain was at level 11 out of 10. I had high hopes of training intensively during June and July 2022, prior to returning to the USA in August. The pain was now unbearable, which resulted in me seeking professional medical attention, only after a lot of persuasion and insistence from my wife. I am glad that she insisted and scheduled me to see a doctor later that week.

As a result, I had a short-notice knee operation within 12 days after my medical appointment and prior to departing Germany. The injury to my knee could have been worse had I not seen the doctor and had the surgery as soon as I had. As I found out later, dealing with pain can be detrimental over the course of time. After a prolonged period of having limited mobility, I saw the fallacy in my thoughts to 'wait until the pain subsided.'

I have had some time to come to terms with the years that I subtly ignored my body's communication to me to take care of myself. My body finally forced me to be serious about recovering by thrusting immense pain upon me, to the point that I could barely walk. The following points are some lessons learned:

- If your body hurts, get it checked by a professional. Have you ever been hurt and decided to nurse yourself back to good health? Are you a doctor? No? Then go see a professional. You or your non-medical friends do not know how serious your injury is. You don't know what further damage you may be causing.

- Attend training, even if all you can do is watch. I once learned, and still believe, that there are 3 main pillars of Aikido: physical, mental, and spiritual. One should always strive to develop all 3 pillars. If you are physically unable to train, then attend training anyway, just don't get on the Tatami. Exercise your mental and spiritual pillars. Take notes. Study the movement. Note the Ki flowing and the intent of the instructor and the senior students (Sempai). Notice the reluctance or inexperience of the junior students (Kohai). Attempt to identify the voids and openings (Suki) that you happen to observe. You can still study and learn Aikido without stepping on the Tatami.

- Concentrate on mental and spiritual training when you are physically unable to train. This compliments the topic above. Concentration is more than observation. Study the movements. Slow the movements in your mind. Do not just watch the movements. Strive to sense and feel the movements, even though you are not performing the movements. Try to understand why Uke is unbalanced (Kuzushi). Notice the distance between Nage/Tori and Uke (Ma-ai).

- Rest your weary body and soul. Rest and sleep are important. Try to recover and relax, but push yourself to not become complacent and satisfied with doing the minimum. The worse thing to do is to do nothing.

- Don't return to training until your doctor tells you that you can. Once again, let a medical professional tell you when to return to training... when you can exert more energy... when you can push your body and your heart to more strenuous movements. Until you are cleared to train (physically), continue to train using your other abilities (mind, heart, soul, and desire).

Aging

The year was 2008. The place was Honolulu, Hawaii. The reason I was in Hawaii was due to my grandmother's funeral. She had lived a wonderful life and left us at 98 years of age. For two weeks, I spent time with my Ohana (Hawaiian for family), celebrating my

grandmother's life. My daughter and son were with me. My wife was unable to attend because she was a school teacher at the time.

During the mornings, I was able to practice Aikido at a Dojo in Honolulu that, as I found out, was the Dojo that O'Sensei had visited long ago. As a young child, I remember that my grandfather would walk with me past that Dojo. Little did I know, then, that I would see and discover Aikido a few years later, in Japan, and rediscover and start training decades later and training in that dojo. The Dojo-cho, in 2008, was Robert Hiroshi Aoyagi Shihan, 7th Dan, Aikikai Hombu Dojo. When I met him in 2008, he had been training for almost 50 years and he was 88 years young.

When I first saw Aoyagi Sensei entering the Dojo and holding the handrails up the stairs and walking as if he was in immense pain, I didn't know who he was. When he asked me who I was and where I came from, I told him that I was living in Germany, but was born in Honolulu. He asked me who my sensei was in Germany. I told him, Nakajima Sensei. He smiled and nodded his head. He then comforted me because I told him I was visiting Hawaii due to my grandmother's funeral. He then told me that I was welcomed to train, for free, as long as I was in Hawaii this trip. He smiled even more than I did when he saw my surprised reaction and happiness.

As he struggled to sit in seiza prior to the first class, I did not think that Aoyagi Sensei would be ever able to stand up again. After he bowed to the Kamiza, he stood up, quickly, as a young man would. His movement had been transformed. His pain seemed to have disappeared. He was no longer an 88-year-old man. He was an Aikido master with almost 50 years of experience. Age was no longer a factor in how he moved. He moved as if he were a different person. He moved smoothly and quickly, without the pain that one's body experiences as one ages.

His quick movements intrigued me. He had a piercing Kiai whenever he executed his techniques. He reminded us all that O'Sensei always used Kiai. Kiai seems to have disappeared in modern-day Aikido.

I remember reading about O'Sensei and how he was able to move quickly when he was on the tatami, even though he was an advanced old. Aoyagi Sensei gave me my first experience and insight to this phenomenon. It was not only true... it was unbelievable. Aoyagi Sensei's movements, at 88-years of age, became a new standard for me, and I reflected on his movements over the past few years when pain reminded me that I wasn't getting any younger. To pursue the dream of doing Aikido into my 80's or 90's became a new standard. Unfortunately, Aoyagi Sensei passed away in 2010, after turning 90 years old. I had hoped to see him again, but as with life, life passes quickly by before you notice.

I will never forget Aoyagi Sensei and the magic that he performed when I saw him moving when he was 88-year-old. I heard that he continued to move as he had until his passing 2 years later. I am no longer worried about aging as long as I can still do or just think "Aikido."

Reminiscing and recovering leads me back to the topic of this article: Aikido, Injuries, and Aging... a topic that I will have to pay more attention to, especially as I train my legs to move again after my knee operation in July. A topic that I will have to refresh in my mind as I continue to age and when training with younger generations of Aikido partners. New insights, new ideas, new possibilities to improve and develop.

I look forward to seeing you all on the tatami again... soon! Perhaps next year during the Dan Seminar.

Until then, stay healthy. Take care of your injuries, and strive to continue training well into your advanced age.



Aoyagi Sensei at Aikido of Honolulu Dojo on Waiālae Avenue in Honolulu



Text: Rick Soriano

Seminar Reports



Seminar with Rick Soriano

in Leopoldshafen / 25th June 2022

Text: Sabine Krissel / Images: Michael Danner

Rick Soriano (5th Dan Aikido, Okugi 3rd Dan Daitoryu) was expected with much joy on June 25th, 2022 for an Aikido seminar in Leopoldshafen. A good number of participants from near and far came to this event in the Hermann-Uebelhoer-Sport Hall.

Rick Soriano has been teaching Aikido since 1993 and has traveled to many countries and places, including the USA, Hawaii, and Bermuda, both professionally and as an instructor.

He has been active in PSV Heidelberg Aikido in recent years and traveled to Leopoldshafen with Markus Krabel, the chairman of PSV Heidelberg Aikido Group, among others.

The meditation at the beginning was supplemented by a little story of wisdom.

This story was about an arrogant Samurai who bumped into a Zen Tea Master in a crowd on the street and felt challenged. Since the Zen Tea Master was obviously unarmed and did not know how to use a Katana, the Samurai gave him time to prepare himself for a duel.

The tea master turned to another Samurai, skilled in many arts, for help, asking him how he could die with honor. The Samurai was puzzled as he was usually asked to teach swordsmanship. He had the Zen Tea Master prepare a tea and gave him the following advice: „You should hold the katana with the same calmness and confidence as you prepare tea.“

Armed with a sword and heeding the advice, the Zen Tea Master went to the appointed place at the appointed time and bravely faced the Samurai. He transferred the calm and mastery he felt while preparing tea to the moment he drew his sword.

The Samurai, however, saw the determination in his opponent's eyes, lowered his sword and gave up the duel, as he was not ready to die that day. He was very ashamed that he had been so rude and argumentative and asked the Zen Tea Master to accept him as a student.

The Zen Tea Master was happy, agreed and went on living happily.

Rick Soriano then spoke about different types of meditation, whereby he did not seem to dislike the way he was aware of his surroundings, e.g., hearing the happy chirping of birds and rustling leaves in the wind, and then directing the mind inward again.

Rick switched to English during the course and interspersed a few German terms for illustration. That relaxed the atmosphere visibly. It was also important to him to show everything carefully and slowly from different perspectives in the following Aikido exercises so that the technique could be remembered as well as possible.

When explaining the techniques, Rick also revealed where to put your center of gravity and sometimes even used his belt as an extended line to describe a movement and the direction in which it should be executed.

Even small changes in his center of gravity with the associated grips, which are sometimes intended to remind one of falling water, and the correct foot position caused Uke to quickly lose his balance.

We practiced with Bokken, Jo, and without weapons slowly and without strength e.g., Kokyuhoh.

We practiced Juji-nage with the Jo and avoided a frontal attack with a Bokken, turning our gaze in the same direction and giving Uke momentum for a forward roll with a grip on the Bokken hilt.

After a lunch break, during which we were warmly served by Guenter Rinke, our head of department, and supported by Ilona Danner, with Maultaschen, salads, and cakes, as well as some good conversations, the training continued.

Katas were not neglected either. Among other things, we practiced Tachi-Suburi 1 and 2, Tachi-Kata and Kata Tenchi.

Rick praised the good work and cooperation by and with Michael Danner, our trainer for children and young people, students, and adults in Karlsruhe and Leopoldshafen. Michael had revised the exam guidelines and Rick translated them into English, as he often does for Shinki News.

Another story Rick told us was about a question our Soke Michael Daishiro Nakajima once asked him. Which teacher is the best?

Rick thought to himself, „What should I answer? Here I lose, no matter what I respond with.

After a moment's reflection, he replied, „Every teacher is special and all teachers are good in their own way. I can learn something different from everyone.”

Soke liked that and he confirmed: “You can learn from different masters. Detours also lead to the goal. It is good to learn from different areas to enrich the dojo.”

There is also the catchphrase in Buddhism: “Anyone who is enlightened notices that he is surrounded by Buddhas. Everything and everyone becomes his teacher.”

At the end, Rick Soriano thanked all participants and encouraged us to always be mindful of the moment and to be grateful for everything we can do.

The Aikido department of the sports group at KIT thanked him with a small gift and asked him to visit Leopoldshafen again soon.



Text: Sabine Krissel



Fotos: Michael Danner



Anniversary Seminar - 30 Years of Aiki Budo in Weimar with Soke Michael Daishiro Nakajima

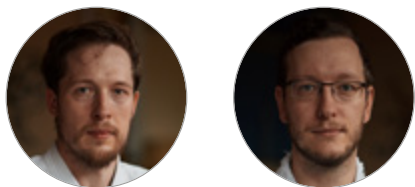
in Weimar / 15th and 16th October 2022

Text: Members of Aiki Budo Weimar / Images: Arian Wichmann and Benjamin Burse

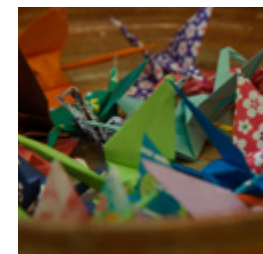


We practice as time goes by.
 30 years can be a stimulus to think about the time.
 How about the practice time, the immeasurable one? A lot of! Little? Short! Long?
 What matters?

With a view to the anniversary seminar in Weimar, we have given some thought.
 The considerations are different, just as we humans are different.
 But we practice together. This is crucial!



Images: Arian Wichmann and Benjamin Burse



Nathalie Lang

30 years of Aikido. What does that do to a human? I've only been training since 2016, so there's still a long way to go before I say 30 years. Science, on the other hand, has found some answers. Şentuna et al. (2010) found out that already six months after the start of Aikido training, one's own reaction time is reduced. So, if the first positive effects appear after six months, what happens if you train Aikido for an even longer period of time? Lothes (2015) also asked himself this question. The average time it takes to earn a black belt at your local Aikido club, the University of North Carolina Wilmington Aikido Club, is five years. Lothes had Aikidokas fill out recognized questionnaires with the aim of observing changes in mindfulness. Indeed, there were significant differences between starting and 1st kyu, between 7th kyu (the lowest rank in the Aikido club studied) and 1st dan, and between 5th kyu and 1st dan. Personal development in relation to Aikido is not a straight line, but there are jumps with ups and downs. Before the meditation, Sensei also philosophized about time during the course. He says every minute of practice counts. If we persevere and learn to sit long enough, the true effects of the meditation would become apparent after a period of about 30 minutes. So, what do we learn from this? We learn that we are rewarded after a short time of diligent training. However, these rewards are only a foretaste of what awaits us after years and decades. This can be concluded with a quote from Ō Sensei:

The techniques of the Art of Peace are neither fast nor slow, nor are they inside or outside. They transcend time and space.

Credits

Lothes, J. (2015). Differences of novice to black belt Aikido practitioners in mindfulness: A longitudinal study. *International Journal of Wellbeing*, 5(3), 63-71.

<https://internationaljournalofwellbeing.org/index.php/ijow/article/view/401>.

Şentuna, B., İrez, G. B., Akpınar, S., İrez, S. G., & Korkusuz, F. (2010, 12 05). Six Months Aikido Training Shortens Reaction Time. *Journal of Human Sciences*, 7(2), 1051-1058.

<https://www.j-humansciences.com/ojs/index.php/ijhs/article/view/1441>.

Ueshiba, M. (2007). *The Art of Peace* (J. Stevens, Ed.; J. Stevens, Trans.). Shambhala.



Arian Wichmann

30 years seems enough time to understand something. It is said that it takes 1000 hours to achieve mastery. Certainly, these are achieved after 30 years.

But such courses, in which so many Aikidokas are participants who otherwise lead the courses - we notice that the exercise never ends for them either.

In the Hagakure, an old sword master tells of his art: „I don't know how to conquer others, I only know how to conquer myself.“

These lines show the fallacy of the beginner, as I was. The assumption - I'll do it for a few years now and then I'll be able to do it. Then I'm ready for the world, for the fight. In the meantime, this picture has changed. Rather, I consider Aikido to be an exercise with oneself, in oneself.

Ryōkan gave us this poem on a similar subject:

You see the moon by pointing a finger.
 You recognize the finger through the moon.
 moon and fingers -
 not the same, not different.
 To guide beginners,
 this parable is sometimes used.
 Have you ever seen how things really are
 there is neither moon nor fingers.

Ryōkan's poem from "High Heaven, Great Wind" - Kazuaki Tanahashi, Friederike Juen Boissevain, 2012 Edition Steinrich





Stefan Dunkel

30 years of Aikido in Weimar. My own path in Aikido began almost as long ago. With Claudia in the university sports hall in Weimar. In the meantime, I've been away. First job, new city, and no more Aikido for now. Granted, that's the short summary, but I don't want to write too much about myself.

So, if you never leave, you won't come back. In fact, I ended up back in Weimar. And what joy! There was actually still Aikido in Weimar.

Now, in 2022, we are celebrating 30 years with a seminar. In a time like ours, where everything is changing at an alarming rate, 30 years is a reassuring constant. As a „returner“ I experienced a lot of familiar things. Starting with dealing openly with each other. The opportunity to practice together across all grades. I was also able to meet people I last saw more than two decades ago. Who have changed and yet remained approachable.

Sensei's words during the meditation were particularly inspiring for me. The thoughts and anecdotes about the need for openness, for discipline, and for rigor and punishment to lead to something better (not that it has happened to me until now, but now I certainly never fall asleep meditating!). Presented with a wink, without diluting the meaning and without being lecturing. Thanks a lot for this!

And I would also like to say thank you to Claudia at this point. For what she created and received. Here's to the next 30 years!



Christopher Lübbemeier

As a first-time participant, I was impressed by how well everyone manages to bridge the differences in ability and experience and to respond to each other. Self, or perhaps Sensei in particular, never showcases his own abilities, instead making things seem accessible and easy. „Anyone can do this“ is the effect. This leaves an impression of the true greatness of everyone, but also a feeling of togetherness that I carry back into everyday life and to my next course.







Dorothea Winge

Time gives a rhythm to what is experienced and dynamics to movement. You need strength to live in order to experience time. Standing in the flow of life in Aikido training in Weimar for thirty years is a great achievement for Claudia. For me that means nine and twenty years of Aikido. This training and practice time refines my view of the world. A friend who had to say a painful farewell to a loved one said to me: "Your martial arts make you ready to die. It's easier for you. You learn to die every day." This statement surprised me as I am, by no means, free from expectations. When an expectation „dies,“ I am deeply saddened. I've realized that I still need to work on the „dying“ and „dropping everything“ skills. At the same time, I am aware that one cannot die in peace without having lived beforehand. I decided to write about the training time I experienced on the path „full of energy in harmony“ and about my 2-Dan exam. My intention was to put the quintessence of it into words. A poetic form was selected for this, which makes it possible to create a poetic contemporary document. A haiku is a Japanese form of poetry, which, according to the traditional model, consists of verses in three groups of words with five, seven, and five Japanese mores: 5-7-5 (syllables).

I wish you insightful movement while reading "Aikido in Movement and Encountering."

time of acceptance
it lives here through you and me
like a waterfall

melted
penetrates in courageous being
standing by yourself

the fighting hand
caresses my heart with joy
touches my way

waves of searching
throbbing from fainting
center of a force

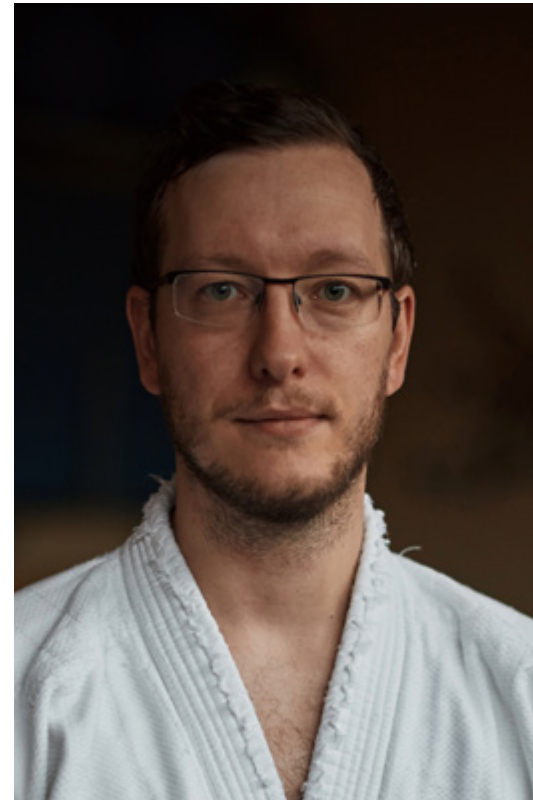
in the eternal now
encourages bravery
energy of being



Benjamin Burse

For me, 30 years of Aikido in Weimar also mean 10 years of training in Weimar, 10 years on the long path Claudia so often describes. I was only 22 at the time and couldn't really grasp what it meant to train in Aikido for 20 years.

Today, after 10 years, I am even more impressed by what the 30 years mean. Anyone who trains with Claudia or Sensei from time to time will certainly have heard that in order to understand a technique, you have to practice it 1000 times with 1000 different ukes. Now I've met a lot of great people on my way, who are also on the way on their own - regardless of whether they're just starting out or have been on the road for a long time - and yet I'm still so far away from the 1000 times 1000 that the goal isn't even there seems in sight. **However, one realization along the way, which takes time, patience, and discernment, is that the path is not a race, rather there is no goal in the traditional sense. It doesn't matter whether you choose a straight path or one with winding paths - it only counts to observe carefully and to take in everything that you encounter on the way.**



Claudia Buder

Shinki!
With Shinki we have all the time in the world.
Transcendent and immanent.





Promotions

September 1st, 2022 –
December 1st, 2022

Aikido

10. Kyu	Burkhardt, Marlon	Leopoldshafen-JG
5. Kyu	Malec, Aljaz	Maribor
5. Kyu	Khalil, Yussuf	Karlsruhe KIT
4. Kyu	Kleinert, Sven	Cottbus
3. Kyu	Lang, Nathalie	Weimar

2. Kyu	Oreski, Slavko	Maribor
1. Dan	Knudsen, Nicole	Oldenswort
2. Dan	Claudius, Detlef	Finsterwalde
3. Dan	Reimer, Katrin	Leipzig
3. Dan	Irrgang, Daniel	Großräschen

Daitoryu

5. Kyu	Byczuk, Raimund	Lahnstein
5. Kyu	Ruckert, Carolin	Lahnstein
5. Kyu	Knudsen, Nicole	Oldenswort
5. Kyu	Sauer-Tada, Sabine	EZ Göttingen
5. Kyu	Tsao, Wei-Hsin	Cottbus
5. Kyu	Lang (Dittrich), Nathalie	Weimar
4. Kyu	Reschke, Christian	Cottbus
4. Kyu	Kipke, Eugen	Wi-Sonnenberg
4. Kyu	Medina, Juan	Cottbus
4. Kyu	Jokisch, Stephan	Großräschen
4. Kyu	Tada, Aika Marie	Heidelberg
3. Kyu	Demachkovych, Volodymyr	München
3. Kyu	Krüger, Lisa	Cottbus
3. Kyu	Schwierzy, Tino	Schkeuditz
3. Kyu	Vogel, Scott	Oberkessach
3. Kyu	Beuchle, Guenter	SG KIT
3. Kyu	Felber, Wolfgang	Ilmenau
3. Kyu	Ahrens, Christina	Oldenswort
3. Kyu	Menzlin, Henrik	Ulm
3. Kyu	Thies, Enrico	Dresden

2. Kyu	Becker, Amadeus	Cottbus
2. Kyu	Biegholdt, Dr. Martin	München
2. Kyu	Vogt, Roland	Pforzheim
2. Kyu	Rietschel, Andreas	Finsterwalde
1. Kyu	Claudius, Detlef	Finsterwalde
1. Dan	Schneider, Daniel	Cottbus
3. Dan	Kaiser, Vladimir	Maribor
Jun-Dairi	Theobald, Helmut	Oberkessach
Jun-Dairi	Becker, Matthias	München
5. Dan	Underwood, Duncan	Oldenswort

Shinki Toho

Shoden	Paetz, Matthias	Leipzig
Chuden	Paluszek, Arkadiusz	Coburg
Chuden	Buder, Claudia	Weimar

Shinkiryu Aiki Budo

Gyoshi	Paluszek, Arkadiusz	Rödental
Gyoshi	Buder, Claudia	Weimar
Hosshi	Trzaski, Marius	Lahnstein
Gyoshi	Six, Nicolas	Oberkessach
Renshi	Theobald, Helmut	Oberkessach

Seminars

2022/2023

Seminars 2020/2023

Sat 31. December – Sun 1. January	Schöntal-Oberkessach: Turn of the year Seminar 22/23 with M. D. Nakajima Soke
Sat 14. January	Bad Segeberg: Aiki Budo Seminar with Duncan Underwood
Sat 4. – Sun 5. March	Oldenswort: Itto-den Shinki Toho Seminar with Helmut Theobald
Sat 25. – Sun 26. March	Heidelberg: Aikido Dan Seminar with M. D. Nakajima Soke
Sat 22. – Sun 23. April	Coburg: Ittoden Shinki Toho Seminar with M. D. Nakajima Hoshu
Sat 20. – Sun 21. May	München: Aikido/Daitoryu Seminar with M. D. Nakajima Shihan
Sat 17. – Sun 18. June	Siebelingen (Landau): Daitoryu Aiki Jujutsu Bokuyokan with Michael Daishiro Nakajima Shihan
Mon 24. – Sat 29. July	Oldenswort: Eiderstedter Aiki-Budo Summer Seminar with Duncan Underwood

Arigato gozaimasu

Preview Shinki News No. 31

The next edition of Shinki News will be published in March 2023.

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 winter time full of Ki!
Shinki News Team.

Imprint

Copyright 2022 Aikido Shinki Rengo

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

The opinions expressed in this publication are not necessarily those of the editors of Shinki News. The authors themselves are responsible for the content of the posts.

All images may be used upon the consent of the creators of Shinki News. The copyright of the images lie with the photographer(s). All persons depicted gave their approval in advance.



Lukas Underwood



Monika Popp



Rick Soriano



Nigel Downes



Johannes Hoffmann



Jann-Volquard Posenauer