



SHINKI NEWS

NO. 32

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**Shinki News No. 32 / June 2023**



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# Soke's Word

Text: Michael Daishiro Nakajima

**D**ear Shinkiryu members, dear friends,

It is a very long way until one discovers, feels, and becomes one with Ki or is filled by it. Actually, Ki should flow out through all pores of our body. In order for us to at least take steps in this direction, there are some prerequisites:

Since Ki is founded in nature and in that which rules behind it, we must live accordingly in order to be able to activate Ki. This refers not only to the physical level, but also to the mental and spiritual levels. Yes, we must live “healthy” in all these levels. And if we have failed to do so, we should not give in to this tendency, but reflect on it and honestly repent, then start again. What we seek to realize through the training of Budo applies to our whole way of life. Practicing - correcting - continuing to practice until a natural dynamic is established.

In addition, meditation plays a special role. It is on the soul-spiritual level the same as the Hara (= belly as the center of the body) principle on the physical. Both physically and mentally we have to learn to move from the center. And so we come closer to Ki, which is the primordial energy of

being next to Ri, which is the primordial reason of being. Yû 有 (being) - Ri 理 - Ki 氣, these three form a unity. If you want to increase Ki in yourself, you must also pay attention to Ri, so that the whole Yû becomes alive.

What is represented here as Ki was called Ruach in the Hebrew world (Old Testament). Ruach is breath. This word was translated into Greek by the term “pneuma“, which means to blow or to breathe. Further, one has Pneuma in the Latin with Spiritus again rendered. This word also contains in itself the blowing of the wind or the breath. This meaning did not disappear completely when the word was translated into German with “spirit.“ But with the term “spirit,“ one often associates reason. Thus, the original distinction of the essential characteristics of being, namely logos and pneuma, i.e., word or reason and breath, has become somewhat obscured in the German translation.

Incidentally, the word Ruach is feminine, i.e., the Ruach, while Pneuma is neutral, i.e., the Pneuma, and Spirit and Ghost are masculine. This may seem minor, but it does something to the reception of the term. **When this letter is published, the Feast of Pentecost, the Feast of the Ruach of God (Shinki), has just passed. But Pentecost is not a one-time thing in history. It is the perpetual state of the Shinki flowing down. Let us open ourselves to Him!**



## Remarks

### Leather Tsuba

Already, some years ago, Japanese Budo stores indicated that the leather Tsuba, in the size that we use, is difficult to get because the material is scarce. With a lot of effort, Dag Heuser has produced several Tsubas for us. But also here the material procurement is not very easy. He has found a store where he can buy the leather. However, it is expensive. If he can order a large quantity at once, it will be cheaper, of course. So I would like to ask you, for him, if you as an individual or as a club would like to order the leather tsuba, also independently of the Bokuto order. Dag thinks that at the minimum those members who have a Bokuto with a plastic Tsuba might want to exchange their plastic Tsuba for a leather Tsuba. A Tsuba costs 40 Euro. If someone is interested, please contact me.

### Social Fund

Even though we could hardly help the family of Namika's niece, who lost her baby and the whole house due to the devastating earthquake, we could help a little bit a nephew of Namika, who is traumatized by unwarranted arrest and torture. As we have already reported, in this situation almost the only viable way is to send him to Egypt so that he can rebuild his life there without fear. He received the money for the flight from us. Namika's life partner also transported a considerable sum of money to Egypt for his visa. This sum will be provided directly at the airport in Cairo when he arrives. Before that it must be secured until he actually arrives there. We are currently waiting for the good news that this has succeeded.

Furthermore, we supported once Namika, who urgently needs to get her driver's license, but could not completely raise the money for her driving lessons. We supported her from the fund, which is a great help for self-help. Employment as a nursing assistant here in the countryside is difficult to do without one's own car because of limitations associated with public transport, e.g., not running on weekends or only extremely seldom, and because some places, which are only a short distance away, cannot be reached by public transport at all, or only in completely disproportionately long travel times and bad intervals.





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

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Edingen, March 25, 2023, 2:00-4:00 PM

Chair: Duncan Underwood

Recorder: Katrin Reimer

Present in person: Shihan Michael Daishiro Nakajima / PK: Duncan Underwood, Claudia Buder, Bernd Hubl, Rick Soriano / TK: Michael Danner, Birgit Smentek, Gunnar Clausen, Danijel Rolli, Helmut Theobald

Guests: Enzo Ermarth, Holger Tödt, Georg Umlauf, Lukas Underwood

Participating online: TK: Katrin Reimer

Not present: PK: Henry Kowallik

## TK : Reports from the clubs

### Summary:

- Adult-only groups are generally stable, though usually small or with a small core of regularly active participants.
- Groups with direct ties to varsity sports experience semester-long ups and downs in participant numbers.
- In some dojos - especially if premises are privately rented - the children's groups or regularly held beginners' training sessions help to cover a large part of the monthly overhead costs.

### Individual:

- In Weimar, a good cooperation with the Takemusu Aikido group in Jena has been established over the past years. There are regular mutual visits and joint training sessions.
- In Heidelberg there were delays in moving to the new location. Now, finally, it is done and during 2024 the Dan seminar can - as actually planned for this year - hopefully actually take place in Heidelberg.
- Unfortunately, the spring course at Hiddensee can no longer take place there. Bernd is looking for a new place with suitable premises.

Up to now, situation reports from the groups directly represented by the TC members have preferably been collected here. The question arises as to how information can also be collected from the groups that are not directly represented and made available to all.

In Shinki News, therefore, an area is to be set up as an information and exchange platform on the situation in the individual associations, on challenges, individual solutions, and special successes or cooperation. There, the groups can report about themselves and gladly share worth-mentioning, short highlights.

The groups from Weimar (Claudia), Dresden (Henry), and Schkeuditz (Katrin) will start with a first proposal on content and form of such a "short portrait." Details are still open for discussion and will be coordinated at the fall seminar in Schkeuditz to finalize a publication in the December issue of Shinki-News.

## TK: Changes in the Examination Regulations for 10th-6th Kyu

Previously, the step from 6th to 5th Kyu was significantly larger than between the previous Kyu exams and, thus, the step from the children to the adult groups was a relatively large hurdle. To alleviate this, the 6th Kyu exam was upgraded in terms of content (i.e., the requirements were expanded).

The new examination regulations were adopted on March 25, 2023.

By next year's meeting, experience and feedback from youth coaches will be gathered and incorporated into the program, as appropriate. The contact person for this is Michael Danner.

During the revision of the examination program, the question arose about the teaching of

dojo etiquette to (new) students: should it be given to a newcomer in written form? Or is it rather the task of the training participants to acquire the rules of conduct of the group by attentive observation, comprehension, imitation?

Shihan's comment on this: In Japan, it is customary for the older students (in terms of training time) to "educate" the younger ones in terms of dojo etiquette. This means that, if necessary, the older students take a newcomer aside and point out rule violations in a dialogue. For the teacher alone, this task is almost impossible. Often people listen differently when the cues come from different people.



**Conclusion:**

- For children's training it is necessary to have the elementary rules in writing - and also to talk about them (with the children and parents).
- Michael Danner is putting together a proposal for the framework of children's training and is collecting contributions to the discussion. Anyone who has something to contribute is welcome to contact him. The results will also be summarized in the coming year.
- For adult training, it is rather the task of the participants to become active themselves and without being asked and to familiarize themselves with the rules of conduct in the

dojo and during training. It is helpful to have a public area where people can look up and get information when needed. This could be an area on a website. The decision about this is left to the clubs.

- Also see attachment: Code of Conduct of the Heidelberg Aikido Dojo.
- The topic was not concluded during the discussion. At the meeting in the coming year, the experiences, thoughts, reflections gathered over the year are to be discussed about this again.

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## PK: Handling of the Elections (Next date: 2025)

**Resolutions:**

- The PK will choose 2 persons to take charge of the election by the beginning of 2024. These persons should not be from among the candidates standing for election. Duncan, as chair, will take over this task.
- The election shall be conducted by mail or mail.
- The PK and TK are elected on one ballot. Anything else would be too much organizational effort.
- 6 months before the election, the Shinki News publishes who oversees the election, who is up for election, and who is eligible to vote.
- All members of the association from the 1st Kyu are entitled to vote.
- Background: The election is about taking responsibility for joint development. To do this, you also must have a certain amount of experience yourself.

- Modalities for determining the PK and the TK:  
Result of the election is a list of the 15 people with the largest number of votes. From this list, Shihan determines the 5 persons for the PK.  
The members of the TK are those 5 persons with the most votes who remain on the list after the selection of the PK members.  
Background: Shihan authorizes the people who, in his eyes, are the ideal contacts or the most suitable representatives for Aikido. The election determines, in advance, who has the confidence of the base. This decision was made at the request of the commission members.



## PK: Japan travel money

Amount collected so far: 2159,83 €

### Result of the discussion:

- The distribution of this money is not on the agenda at the moment. More important is first the Japan trip 2025 and its organization. This can be managed only in a team - and not, as in the past trips, by Shihan alone.

### Resolutions:

- The money collected is to be used for host gifts / omiyage (souvenir) and, if necessary, for the organization of the trip.
- The organization / travel preparations must begin no later than a year before the travel date.
- At the Fall Seminar (November 11-12, 2023) in Dresden, PK/TK attendees together with Shihan will evaluate the findings of Shihan's trip to Japan in June 2023 and establish a team for the travel organization.

## Handling the Dan Essays

### Resolutions:

- At present, there is no need to further specify the scope stated in the audit program. The work submitted meets the expectations in this respect.
- The deadline for submission and review of essays is extended as follows, effective immediately:
- Receipt of the essay at least 4 weeks before the targeted exam date (as before with Shihan).
- After that 3 PK members (Duncan, Bernd, Henry) have 2 weeks to send their comments.
- Duncan will collect the comments from the 3 feedback givers and send them to the examinee 1 week before the exam. (Comments will remain verbatim, no extra summary will be provided).

- If one of the 3 feedback givers is unable to take over the task, please inform Duncan in time so that a substitute can be found.
- The publication of the essays needs the approval of the authors and the 3 feedback givers from the PK. In case there is a veto from one of the reviewers, the essay will not be published.  
Background: The published essays certainly serve as an orientation for those who are currently writing an essay themselves for their exam and should therefore meet a certain standard, i.e., be "good role models".

## Dan-Examination Seminars 2023/2024

Summer Seminar in Königheim, August 17-20, 2023

Fall Seminar in Dresden, November 11-12, 2023

At the Fall Seminar in Dresden, the dates for the Dan examination seminars in 2024 will also be set and published in a timely manner.

## Appendix:

Heidelberg Aikido Dojo Code of Conduct (provided by Rick Soriano):

In this dojo we practice Aikido as a spiritual path to inner growth and development through practice and experience. A dojo is not just a gym or a fitness room; it is a community of like-minded people and the result of many years of teaching and learning.

Aikido is more than just a martial art. It is a path to physical, mental, and spiritual development, which we can achieve when mind, body and spirit are in harmony. We treat each other with respect and courtesy to create harmony within ourselves and with our partners. Etiquette is therefore an important part of the practice of Aikido.

In order to enjoy Aikido training, to create an atmosphere of mutual respect and for safety reasons, we ask you to follow these rules of conduct:

Study carefully, sincerely, and humbly. Respect your teacher and the advanced students. Take care of beginners and support them.

Emphasize etiquette both with yourself and with your partner(s).

Class begins and ends with a formal bow to O-Sensei and the teacher.

If you are late for class, bow independently after the teacher has given you permission to enter the tatami.

Keep your safety in mind when practicing and respect your training partner's level of experience.

For personal safety and the protection of others, take off jewelry and piercings before training.

Ensure personal hygiene before stepping on the mat and use a clean gi.

If you are injured, leave the mat, and bandage the wound before continuing the workout.

Classes are reserved for the practice of Aikido.

In addition, everyone who trains in the dojo should abide by the following rules:

Observe regulations that relate to the use of the dojo, such as legal regulations or the rules of our landlord.

Behave cooperatively with your partners.

Students who are under the influence of alcohol or drugs are not allowed to enter the dojo.

The use of swear words is not allowed in the dojo.

Harassment, bullying and aggressive behavior against others will not be tolerated.

Do not use Aikido techniques unethically and/or illegally inside or outside the dojo.

Do not discredit our dojo by words or deeds.

If you repeatedly fail to follow these basic rules, we may have to ask you to leave class or the dojo.

# Promotions

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March 23 – May 23, 2023



## Aikido

10th Kyu	Conrad, Švitrigaila	Oberkessach	5th Kyu	Pieniazek, Aleksander	Coburg
10th Kyu	Eichhorn, Elijah	Oberkessach	5th Kyu	Constabel, Justus	Wi-Sonnenberg
10th Kyu	Efe, Batuhan	Leopoldshafen-JG	5th Kyu	Langemeyer, Ines	Karlsruhe KIT
10th Kyu	Karahan, Selim Emre	Leopoldshafen-JG			
10th Kyu	Kopic, Darijo	Leopoldshafen-JG	4th Kyu	Lensch, Marco	Flensburg
10th Kyu	Zeidan, Moustafa	Leopoldshafen-JG	4th Kyu	Marks, Juliane	Flensburg
10th Kyu	Islam, Mahad	Leopoldshafen-JG			
10th Kyu	Hashem, Takei-Allaa	Leopoldshafen-JG	3rd Kyu	Lindenbach, Yves	Oberkessach
10th Kyu	Efe, Bekir Semih	Leopoldshafen-JG	3rd Kyu	Hiort, Jan	Wi-Sonnenberg
10th Kyu	Bauer, Ben Levi	Turnverein Wössingen			
10th Kyu	Fesenbeck, Emma	Turnverein Wössingen	2nd Kyu	Ritter, Ulf	Heidelberg
10th Kyu	Dernier, Paul	Turnverein Wössingen	2nd Kyu	Lelyakin, Sergey	SG KIT
10th Kyu	Seeger, Milena	Turnverein Wössingen			
10th Kyu	Bella, Luise	Bad Honnef	1st Kyu	Kulagin, Roman	SG KIT
10th Kyu	Zeller, Luis	Bad Honnef	1st Kyu	Haprich, Daniel	Rostock
10th Kyu	Riegel, Eva	Bad Honnef			
10th Kyu	Vogt, Jakob	Oberkessach	1st Dan	Fulea, Ovidiu	Sibiu
10th Kyu	Leischner, Nils	Leopoldshafen-JG	1st Dan	Hoffmann, Johannes	Bad Segeberg
9th Kyu	Werner, Timo	Leopoldshafen-JG	2nd Dan	Lieske, Daniel	Berlin
9th Kyu	Kelmendi, Alexander	Leopoldshafen-JG	2nd Dan	Schröder (Jehle), Charlene	Karlsruhe
9th Kyu	Binder, Marc Aron	Walzbachtal	2nd Dan	Hoaghea, Teodor Ovidiu	Sibiu
9th Kyu	Huthwelker, Magdalena	Walzbachtal			
9th Kyu	Weingärtner, Ronon	Walzbachtal	3rd Dan	Constantinescu, Florin	Heidelberg
			3rd Dan	Tranca, Liviu	Sibiu
8th Kyu	Buck, Paul	SG KIT	3rd Dan	Erberich, Michael	Osnabrück
8th Kyu	Schnell, Annika	Walzbachtal			
7th Kyu	Hauser, Mathilda	Walzbachtal			
6th Kyu	Madlener, Elias	Leopoldshafen-JG			
6th Kyu	Kelmendi, Leon	Leopoldshafen-JG			

## Daitoryu

5th Kyu	Malec, Aljaz	Maribor
3rd Kyu	Oreski, Slavko	Maribor
3rd Dan	Tomasevic, Kristina	München
6th Dan	Tomasevic, Danijel	München

## Shinki Toho

Shoden	Schulz, Udo	Schkeuditz
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## Shinkiryu Aiki Budo

Gyoshi	Smentek, Martin	München
Gyoshi	Brosi, Laura	Edingen
Gyoshi	Reimer, Katrin	Weimar
Gyoshi	Tomasevic, Kristina	München
Gyoshi	Palm, Dominik	Oberkessach
Soke Dairi	Underwood, Duncan	Oldenswort



# Seminars

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2023



## Seminars 2023

Sat, 17 – Sun, 18 June

**Sieboldingen (Landau): Daitoryu Aiki Jujutsu Bokuyokan**

with Michael Daishiro Nakajima Shihan

Fre, 23 – Sun, 25 June

**Muroran Honbu, Hokkaido/Japan: Daitoryu Aiki Jujutsu Seminar**

with Michael Daishiro Nakajima, Bokuyokan Shihan

Mon, 24 – Sat, 29 July

**Oldenswort: Eiderstedter Aiki-Budo Summer Seminar**

with Duncan Underwood

Thu, 17 – Sun, 20 August

**Königheim bei Tauberbischofsheim: Little Summer Seminar**

with M. D. Nakajima Soke

Sat, 2 – Sun, 3 September

**Schkeuditz: Aiki Budo Seminar**

with Claudia Buder and Henry Kyerim Kowallik

Sat, 16 – Sun, 17 September

**Leopoldshafen: Aiki Budo Seminar**

with M. D. Nakajima Soke

Sat, 14 – Sun, 15 October

**Königheim bei Tauberbischofsheim: Shinki Toho Seminar**

with M. D. Nakajima Hoshu, assisted by H. Theobald Menkyo Kaiden

Sat, 11 – Sun, 12 November

**Nearby Dresden: Aiki Budo Seminar**

with M. Daishiro Nakajima Shihan

Sat, 25 – Sun, 26 November

**Ulm: Aiki Budo Seminar**

with M. Daishiro Nakajima Shihan

# Arigato gozaimasu

## Preview Shinki News No. 33

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

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 summer time full of Ki!  
Shinki News Team.

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