



SHINKI NEWS





Onegai shimasu

Editorial

Text: Lukas Underwood

Dear members,

much has happened since we founded this little paper a year ago. Stating the obvious, we have grown. Alex Frederiksen from Weiler im Allgäu and Johannes Hoffman from Bad Segeberg have joined us and are going to support us in the future. We are very happy to welcome them officially.

The next change affects the small Shinki News format. As you know, we only published seminar reports in the big Shinki News format, which is released in June and December. This changed this year. In the future, we will publish six short seminar reports in the small Shinki News format. Due to the huge workload those will be much shorter than the reports in the big Shinki News format. But the rule remains the same: first come, first served. So, please, contact us as soon as you know that you will write a seminar report. The last point is very important to us, because we need to plan ahead for each issue. Sadly, this project is too time consuming for spontaneous decisions. If you want to write something, or if you have any questions or comments, please write to us at shinki.news@gmail.com

Now, we wish you lots of fun with the new issue of Shinki News

The Shinki News Team



SHINKI NEWS

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Soke's Remarks

Text: Michael Daishiro Nakajima

would now like to pursue some thoughts about society and the individual, that seem important to me: On the one hand, we live together in a society amongst many people. So, we have to find a way to get along with each other. When it comes to an arbitrary and freely chosen society, we have the freedom to not to enter into such a society or, if we are already part of it, to step out of it. But when it comes to humanity, we cannot just say goodbye. I should not just selfishly pursue my goals. I should, rather, try not only to get along with it, but also to do something for it to contribute to its prosperity so that it can better develop. A good organization requires dedicated people.

On the other hand, society must leave freedom to the individual. A totalitarian society ignores man as the bearer of spirit. Totalitarianism is therefore condemned to failure. It undermines the talents of the individual and, thereby, impoverishes itself. But here, too, the egocentrism of the freed individual is to be rejected. Unilateral greed for profit in many regards – also mentally – causes discontent to others and restlessness in society.

Do we need a compromise between society and the individual? A compromise is sometimes necessary but not a final solution. It stands on shaky legs and constantly straddles to one side or the other.

The solution should lie in seeing the positive meaning of the sacrifice. The community sometimes sacrifices itself by letting the individual go his own way and tolerates that this is sometimes not available to others. The individual sacrifices himself for others and for society by renouncing to do “his” thing and to claim his time for himself. And sometimes he also suffers from the fact that he is not available to society at all because he has to make a larger future contribution for society’s sake and this task completely absorbs him. This is also a sacrifice. It is not simply a compromise, for through such a sacrifice, man grows inwardly, because he learns to keep his own love within bounds. We are then led rather, to love others. What unfortunately, very sad is, is that we do not use this great opportunity. If there is no “obstacle” and everything goes smoothly, our mind is not trained. Unnoticed, we please and love ourselves. But that is far from the love that it should be. Yes, it is not easy to learn to love. We weak people need a certain “constraint or predicament” in order to learn to really love. And when we have learned this, the feeling of constraint also vanishes.

This also applies to a small organization like Shinki Rengo.

Susanne and I wish you a blessed Christmas celebration, which is because He entered the world with love, the society of men, in order to sacrifice Himself.

Remarks

Date and Location Changes of Seminars

The appointment from the Shinki-Toho Seminar in Munich 2017 will take place from 14–15 October (2 weeks later than originally planned), because everything (including overnight stays) during Oktoberfest is much more expensive. The date for the Berlin seminar has to be shifted too. It will be held on the previous Munich dates: 30 September – 01 October 2017.

Membership in Shinkiryu Aiki Budo

As you know or should know, I established the Shinki direction according to my idealism of Budo, and I am pursuing this further. As the number of members increases, a certain degree of dilution can arise. Therefore, I would like to write something basic. Since Daitoryu is not so common here and Shinki Toho represents a unique thing, people knowingly come to learn what I teach. With Aikido, the situation is somewhat different. It is widespread and there are different styles. Apart from the members who came to me from the beginning, there are people who have come to us without a conscious decision about the Shinki style. In the past, I was also strongly inclined to want to “save” these Aikidokas, who for various reasons were “suspended in the air”, so to speak. As long as they respected our style – spiritually and technically – I also accepted them.

In the course of time, however, I have come to conclude that the above-mentioned dilution has occurred. Even if we belong to the Aikikai, nothing changes our Aikido as “Shinki Aikido”. Therefore, I will not accept anybody in the future, who only wants to join me to be promoted. Because the Shinki style – above all, spiritual – should not be watered down. Only those who are convinced of our cause shall enter and remain in Shinkiryu. If those of you with Dan grades – or those of you who are preparing for a Dan promotion – do not have such conviction, I would ask you to think about it. If you feel no affection for our style, then you should leave us and find another master who takes care of your promotion. In this respect, I am being very matter-of-fact and I won’t hold any grudges. Meanwhile, Shinkiryu has become my lifework. I do not want to leave fragments of it behind.

One Year of SHINKI NEWS: Review and Preview

Text: Lukas Underwood

It has been a year now since we started this project. Time to recapitulate what's left of our goals. About 1 ½ years ago, I approached Sensei with the idea, to create a forum that contributes to the communication within our association. I had the feeling that we needed a better communication between the different Dojos and this forum should serve this purpose. Soon Jann joined me, with whom I have been practicing Aikido with for almost 17 years now. Together we created the first drawings and drafts for the first issue. It was our goal to make our contribution to this association, which has played a big role in both of our lives for a long time and which we owe so many great memories to. Of course, this newspaper was limited in its possibilities, because a written communication is always based on content. This is required by the kind of communication and so the Shinki News should be a content-based, member magazine. Soon Rick and Monika joined us, to help with the German and English editing. With the founding of the paper, we were worried that we couldn't fill each paper in the long run.



Thank God this never was an issue. It's more common, that we overstep the internally imposed boundaries with every issue, because there are so many contributions. We are very happy about this and we thank everyone who contributes and supports this project. Shinki Rengo, as with every other association, depends on its members. That this project is still alive is an indicator of the condition of our association. Such moments let me look hopefully to the future.

What also makes us very happy is, that different Dojos from all over Germany let us participate in what is happening for them right now. I started to realize that one aspect of Shinki News comes into the foreground, which I underestimated: the visibility. The contributions are apparent and without them, there can't be a connection. Simultaneously, we had the feeling that the seminar reports would orient themselves more and more on the formal structure of the seminars, and less on the more important contextual aspects of it. This is why we added contextual aspects to our formal guidelines. I, myself, would be very happy if more people were brave enough to speak their minds openly about topics concerning Aikido and maybe start a discussion within our forum. This also applies to the Dojos that are not from Germany. It would be great to learn more about the training and the Aikido of those who are not that present at seminars.

But altogether it's great to see how Shinki News, which was born out of a simple idea, becomes something so lovely due to joint efforts. We all do hope to contribute, with our work on Shinki News, to a good development of our association. As Sensei stated so precisely in the last interview in the last issue: Shinki Rengo is mainly based on content. The success of this newspaper, in the future, will be measured by on this credo. If we want to look forward to a positive future together, we will have to start to connect stronger on a substantial level. We do hope that we can contribute to that with this newspaper. What's important is, that Shinki News is an open forum for our members. We would be happy, if more people would take this chance, to articulate their thoughts. Of course, this paper can only be a small contribution – more important is training. But sometimes there are times when it is wise to exchange the sword with the pen.



Text: Lukas Underwood

Seminar Reports

Youth Training 2016

**M. D. Nakajima, Michael Danner, Marius Trzaski, Enzo Ermarth,
Jochen Schröder and Charlene Jehle / 11 & 12 June 2016**

Text/Fotos: Michael Danner, Enzo Ermarth



Location: Oberkessach

On the 11th and 12th of June, a group of young people gathered once again for an Aikido seminar in Oberkessach. To begin with, a few of the group were able to attend Sensei Nakajima's meditation session. They held out well, also partly because Sensei had tailored the meditation especially for the them. The youths then enjoyed a training session by Sensei, in which they were shown many techniques, including some very special ones!

Michael Danner and Marius Trzaski organized the seminar. Enzo Ermarth, Jochen Schröder, and Charlene Jehle accompanied them as instructors. Each instructor followed the previous instructor providing a richly varied program, demanding a lot of concentration and endurance until noon, then throughout the afternoon, and then also the following morning.





For the general well-being, Marius and some of the teenagers along with the energetic support of his little daughter, organized a short night-walk, which rounded the first day off nicely.

The afternoon program was marked with various experiential educational activities, such as archery, shooting goals, boxing with boxing gloves, and wrestling blindfolded on a narrow bridge. The youths were divided into several smaller groups, which then rotated through each of the supervised activities.

It was a very varied and eventful weekend, which left everyone, including the instructors, with many new experiences and a great desire to do it again next year.



Text & Pictures: Michael Danner und Enzo Ermarth



Seminar in Leopoldshafen

Claudia Buder / 16 – 17 July 2016

Text: Charlene Jehle / Pictures: Michael Danner



Location: Leopoldshafen

On this weekend Claudia visited us for the first time in Leopoldshafen to conduct a seminar at the sports group at Karlsruhe Institute of Technology (KIT). She came a great distance from Italy on Friday night. Nevertheless, she immediately took part in the training with us and let her impression of it flow into the meditation session the next morning.

We started at ten o'clock, with the idea that we should think less about our techniques and work our bodies more, the workout was relaxing and exhausting at the same time. Claudia's techniques were dynamic and relaxing and these qualities spilled over to our practice. Above all, we had one thing: fun.

Between the two sessions we enjoyed a cozy get-together. On Saturday afternoon Tino's wife, Elvira, entertained us in the anteroom of the sport hall and in the evening we went to eat pizza and play music together – we formed a guitar quartet, which, according to Claudia, was the “largest ever guitar combo in Shinki Rengo.” After singing a few songs, Max played alone, to include a few classical pieces. Then Edme and Matthias sang more modern, popular songs as a duo. Claudia had also brought her accordion, which made incredible sounds, and was accompanied by the guitars.

The focus, of course, was on the training. Based on a recurring theme of doing techniques a thousand times with a thousand different ukes, we started with the more basic techniques like iriminage, which we practiced with different ukes. As more difficult techniques were added, we also had the opportunity to practice these a second and third time with other partners. In doing so, I quickly noticed that how well the techniques are done can depend on the training partners. It is one thing to know this and a completely different one if one can experience this fact directly. Again and again it occurred, I thought a new technique was going well until I got a new uke and suddenly nothing worked out. It also showed me my previous mistakes.

Claudia did not focus solely on Aikido techniques during weekend. We were also able to learn some old and new things from Daitoryu, as well as exercises with the sword on Saturday, and training with the staff on Sunday. I felt that this mixture was very successful. If we first practice some basic movements, we could later build upon them and practice tachi-dori (sword taking) or jo-dori (staff taking). Claudia made it clear to us, how important it is to perform the strokes or cuts, together with the steps. This is something I have heard many times, and have forgotten it again and again. All in all, I felt that we had the opportunity to build on the basics and then slowly develop them until we had improved upon our previous abilities.

Again and again, Claudia emphasized the looseness, which was very dear to her heart: not only should we be relaxed during training, but also in the case of an emergency. Claudia said, that for us these days, this is no longer a fight on the street, but perhaps a situation in a test or demonstration in which we are under pressure. In order to train loosely and with this in mind, we practiced a lot of jiyu-waza towards the end of the course. At first, we all practiced at the same time in small groups. Then everyone was then allowed to show some techniques within their group, before all present. Again, we got back into motion.

In the end, we can look back on a beautiful course, which was well attended by the Aikidoka from Leopoldshafen, various Karlsruhe clubs, Bruchsal, and Pforzheim. I really enjoyed the weekend with everyone and it again gave me a new understanding of Aikido, which I found to be very nice. Some diligent helpers in the organization and, of course, Claudia made this all possible – a very cordial arigatou gozaimasu goes out to all of you.



Text: Charlene Jehle



Pictures: Michael Danner



Summer Seminar in Oldenswort

Duncan Underwood / 25 – 30 July 2016

Text: Johannes Hoffmann / Pictures: Jann-Volquard Hansen



Location: Oldenswort

A great reunion occurs every year – as Edme says: like a family without family stress. Waiting excitedly, who will show up... looking forward to seeing the changes that the others have undergone since the last time... minus a few people... welcoming new faces.

This time it was colorful: blue Gis from Dresden. According to the motto that you should praise the day before the evening, Henry gave an appropriate gift to Duncan before it started. The pauses between sword and meditation were extended briefly so that one could change from sword blue to Aikido white.

The overarching theme this week for me was the interplay of the four Shinki disciplines.

“If we practice the sword,” said Duncan at the beginning of the second meditation, “we will train sharpness and presence. Meditation is nothing else. It is about presence and stillness, but also about sharpness and clarity. Both have a form that can be learned, but ultimately it is about finding the content behind the form.”

While I was meditating, the last sword shape went through my mind: Sanbonme. The form is now familiar – with what content do I fill it? The big strike, full of Ki, and yet a death-threatening act of despair. I let the thought go, breathed calmly, and sat upright. The form of meditation is easier to learn and the stillness is soon found. When one meditates, it is easier not to get into the hustle and bustle. And the sharpness? Kotai. Shi-dachi takes the attack, masterfully, left two steps back, calm, and at the same time sharp forward. Perhaps the content is always there and we just have to leave it?

I did eleven Kumidachi by the end of the course. Some filled up slowly with content. I am happy with Kyu-ban and Juichi-ban if I get the outer form without too much thought. It is admirable that Duncan, Carin, and Henrik can jump between the forms, because they often looked at the three different groups, checking for form and content.





We practiced Sabaki. Also a clear form, a simple movement, alone without Uke, made a thousand times. Feel the middle, omit everything that distracts from the stomach, especially the arms. Sounds easy and leave everything off. **To deliberately make the movement, not mechanically, but also wanting nothing, certainly not staged in order to look good. "If you want to put on a show, you do not learn anything," said Duncan.**

"Anyone who believes that their technique is already mastered will not develop any further. This is especially true for simple things. You can always learn something."

Ikkyo from katate-tori ai-hanmi. I tried to leave old patterns behind me, to work from the center, to find the gap in which it goes without force. Uke is the best – best when Uke is involved and weaker. Yes, but you can also gain strength – as Duncan later performed Nikyo – at the expense of Uke's wrist and my shoulder. **"We practice Aikido from the middle, like meditation. Sharpness coming from the center is something other than force that Uke wants to control."**







At this point, I began Daitoryu. Rainer's grip, which held me like a vise, helped me to understand that nothing happens with the arms. No way. Here, only softness and Ki help. More than in the case of Aikido, working with the center is clear, the interplay between tension and relaxation. My success rate was still well below five percent, but I suspected that what looked so brutal from the outside was very soft and can be uncomfortable, at least for Nage. No confrontation, but a fusion of Ki. My path is still long.

A week with seven hours, daily, on the mat (and a lot of cultural and culinary programs) brings you to your limits – physically, spiritually, mentally. One before, the other later. Some care for themselves, others want to know, perhaps they also fail. **We come with different experiences and take different things. And that's what it's all about: practicing and gaining experience.** "Words and forms are just a railing or crutches," says Duncan. "It is good to have them, but they are not a condition and certainly not the content or the inner way itself."



Text: Johannes Hoffmann



Pictures: Jann-Volquard Hansen



Summer Seminar in Weiler

Nakajima Shihan / 23 – 28 August 2016

Text: Kimbal Bottke / Pictures: Volker Bildhauer



Location: Weiler

The fourth annual Aiki-Budo Summer Seminar with Soke Daishiro Nakajima took place from 23 to 28 August 2016, in Weiler-Simmerberg. The disciplines of Aikido, Daitoryu, and Kenjutsu were practised. The focus was on the fighting arts, Aikido and Daitoryu.

This was a great opportunity to exchange and train with participants from all over Germany, including well-known personalities such as Petra and Bernd Hubl, Claudia Buder, and Helmut Theobald, and in particular, the possibility of being instructed by Nakajima Shihan, which assisted everyone with their developmental steps along their path (“Do”).

Above all, newcomers took part in the intensive training week. I also experienced my first seminar in this style. The first training session came close to stimuli overload, but I quickly turned to the ever-changing training partners, the prevailing climate, and the multitude of new techniques. I soon found the people with whom I liked to train with and those whom I found the best connection. Through the continuous training, with far more capable Aikidoka, I refined my techniques and many things became clearer to me.

I was especially impressed by the respect my Sempai gave me. Despite my initial difficulties at the start, they had patience and a willingness to help me solve my initial uncertainties.

Since I only started practicing Aikido in the autumn of 2015, the Summer Seminar for me was a giant leap forward. Not only were my fitness, techniques, and endurance trained, but also were my discipline, respect, and concentration. The concentrated atmosphere and vibe on the mat, which Nakajima Sensei and the other participants spread without exception, were conducive to both the enjoyment of the training and the productivity and the end result of everyone. Without losing his sense of humor, Sensei created a unique and effective training environment.

The close connection between Aikido and Daitoryu, which was difficult for beginners to see, as well as partially advanced Aikidoka, became clearer with each training session and the disciplines became more distinguishable from each other.

The illustration of movements in Aikido by the use of Jo or Bokken gave some of the participants a clearer understanding.







In the field of Kenjutsu, the heart discipline of Japanese Budo, Hoshu Nakajima and Shihandai Helmut Theobald separately taught advanced and newcomers to their benefit.

Many things, especially in Kenjutsu, revealed themselves to me. Nuances within the forms and increased precision in the Suburi were the result of the intensive training moments.

Here too, the insight into the various ways of learning the Kumidachi (forms), or of learning new exercises for perfecting the technique, were great assets. The different training partners, whether fast, powerful, and economical or patient, threatening, and surprising or calm and effective, trained the quick adaptation to unfamiliar opponents and encouraged one to think about their own approach. Due to the limited space on the mat, due attention had to be paid, which some developed. This awareness too, was difficult to maintain, as well as keeping concentration during the exercises, but I learned through time.



In group dynamics, I quickly found myself due to the pleasant open-mindedness of my fellow trainees. I felt a sense of community very quickly. The group excursion undertaken on one of the days also contributed to this feeling.

For me the Summer Seminar with Sensei Nakajima was an incomparable experience, which I would not want to miss at any price next year. A good fellowship was found in the productive week of the intensive training from 23–28 August in Westallgäu. The members of the Shinki-Dojo Weiler look forward to the next Summer Seminar in the coming year, this time from 1–6 August. Finally, we would like to thank all of the participants, and especially Soke, for coming and their wide-reaching effect.



Text: Kimbal Bottke

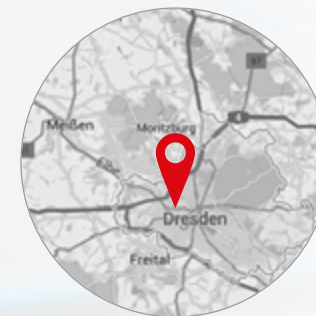


Pictures: Volker Bildhauer

Seminar in Dresden

Nakajima Shihan / 12 & 13 November 2016

Text: Henry Kowallik / Pictures: Jann-Volquard Hansen



Location: Dresden

“Creating Clarity”

was the main theme of the 2016 Aiki Budo Autumn Course in Dresden. This theme lasted throughout the weekend, from the first meditation session to the last minute of cleaning up. From Shinki Toho to Daitoryu to Aikido.

We were spoiled by our earlier experiences in the large “MoMi” hall. This year 63 participants took part for the second time in an “older” school sports hall, the outside covered with graffiti, the inside with a sizeable 360 square meters of Tatami, and, at the same time, the charm of a primary school sports facility. And this picture, we can also symbolically apply to Aikido: the way to transfer an ideal into everyday life. **When it comes to exploring harmony, the aspect of love in the river of Ki, what happens to us in our confrontation with the daily routine? When we are driving in the domestic traffic of rush hour, feeling provoked by the boss, and when we reach our limits at home within our routines???**

How far are we on the way to our real center? How deep is the depth of our experience in Budo?

More and more, the experience on the Tatami seems to me to be a medium which clarifies the mission which we have “landed.” It goes far beyond the practice in the dojo, for the realization of the mission we should walk the path intensively: again and again, “let everything drop.” Nakajima Sensei emphasized again and again that as long as we are young, we should train diligently because that is an essential part of our experience. And further: what does it mean in the days between the seminars? What can I do with these experiences? How can we integrate them and generalize them?









As the Weimar Shinki group was formed, Nakajima Sensei said that we should fill the walls of our dojo with Ki and thus shape the room. This is also an analogy for our entire environment: **we are the ones that shape our environment, we constantly create our reality in our everyday life. And even if this is only a small part, we are responsible for it. How do we deal with this world? Thank you Sensei for the encouragement along the way!**



Text: Henry Kowallik



Pictures: Jann-Volquard Hansen

Promotions

8 August – 27 October 2016

Aikido

10. Kyu	Haak, Eleni	Oberkessach
10. Kyu	Maj, Tim-Pawel	Oberkessach
10. Kyu	Baldauf, Luis	Weiler
10. Kyu	Jonas, Leonardo	Weiler
10. Kyu	von Waldburg-Zeil, Xenia	Weiler
5. Kyu	Bildhauer, Volker	Weiler
4. Kyu	Schöne, Hendrik	Dresden
4. Kyu	Domann, Stephan-Arthur	Düsseldorf
4. Kyu	Tanizawa, Yuh	Düsseldorf
4. Kyu	Senderak, Adam	Düsseldorf
4. Kyu	Werner, Steffen	Düsseldorf
4. Kyu	Schulz, Udo	Schkeuditz
4. Kyu	Schwierzy, Tino	Schkeuditz
4. Kyu	Mueller, Alfred	Pforzheim
4. Kyu	Piras, Clemens	Pforzheim
4. Kyu	Heizmann, Heinrich	Pforzheim
4. Kyu	Wohlleber, Sophia	Pforzheim
4. Kyu	Plaschke, Mike	Cottbus
4. Kyu	Becker, Amadeus	Cottbus
4. Kyu	Bottke, Raban	Weiler
4. Kyu	Ohnimus, Stephan	Berlin Tomosei

2. Kyu	Schulz, Elmar	Cottbus
2. Kyu	Jacobs, Jazinta	Euskirchen
2. Kyu	Regh, Volker	Euskirchen
2. Kyu	Budnychenko, Yurii	Berlin Tomosei
2. Kyu	Buechner, Stefanie	Berlin Tomosei
2. Kyu	Harutyunyan, Harutyun	Berlin Tomosei
2. Kyu	Wilken, Ludger	Berlin Tomosei
2. Kyu	Marter, Gregor	Berlin Tomosei
2. Kyu	Vukanovic, Slobodan	Berlin Tomosei
1. Dan	Richter, Winfried	Weiler

Daitoryu Aiki Jujutsu

5. Kyu	Bottke, Raban	Weiler	4. Kyu	Briegel, Steffen	Weiler
5. Kyu	Rist, Markus	Weiler	4. Kyu	Wenzel, Thomas	Weiler
5. Kyu	Zebandt, Sandra	Weiler	4. Kyu	Kaiser-Kriegbaum, Astrid	München
5. Kyu	Becker, Amadeus	Cottbus			
5. Kyu	Germann, Reiner	Weikersheim	3. Kyu	Dieterle, Michael	Oberkessach/Waldbach
5. Kyu	Maaß, Lea	Edingen			

Seminars

2016/2017

Seminars with M. D. Nakajima

04. – 05. 02. 2017	Edingen, Dan-Seminar
25. – 26. 03. 2017	Landau, Daitoryu
29. – 30. 04. 2017	Königheim, Jubilee 20
06. – 07. 05. 2017	Cottbus
27. – 28. 05. 2017	Edingen
17. – 18. 06. 2017	Oldenswort
01. – 02. 07. 2017	München, Aikido/Daitoryu
01. – 06. 08. 2017	Weiler, Summer-Seminar
16. 09. 2017	Heidelberg, Aikido/Daitoryu
30.09. – 1. 10. 2017	Berlin
14. – 15. 10. 2017	München, Shinki-Toho
11. – 12. 11. 2017	Dresden (may be changed to 25.–26. 11. 17)
18. – 19. 11. 2017	Ulm
30.12. 2017 – 01.01.2018	Oberkessach, Turn of the Year Seminar

Other Seminars

24. – 29. 07. 2017	Oldenswort, Summer-Seminar, Duncan Underwood
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Arigato gozaimasu

Preview Shinki News No. 7

The next edition of Shinki News will be published in March 2017.

If you would like to contribute to Shinki News, please submit your contribution(s) to: shinki.news@gmail.com and we will contact you to discuss the formalities with you.

Have a Merry Christmas and Happy New Year and a lot of fun and energy during training during the cold season
Shinki News Team!

Imprint

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