



SHINKI NEWS

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神氣

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Soke's Remarks

Text: Michael Daishiro Nakajima

It has been said that Aikido is the budo of love. However, the Ai 合 of Aikido means first encounter. It is about the encounter of Ki, namely the aggressive Ki of the attacker with my Ki. Thus, my Ki must be so strong that I can lead the attacking Ki to a peaceful resolution. This is not a child's game. Therefore, the attempt to consider the Ai 合 with the Ai 愛 (love) is a very demanding thing. As mentioned in the latest Shinki News, love is not a simple matter. Only when one has understood the seriousness of love, can one combine Ai 合 and Ai 愛.

In life as a whole, and especially for us in Budo practice, we train ourselves and our love. When everything goes smoothly, it is easy to be a „pacifist“. The hard-hitting fact is, however, that it often does not occur in everyday life. The opposite occurs: either we learn from it and both our Ki and our love become stronger or we do not learn from it and we remain in our same old routine. Sometimes the masses are also so powerless and weak that they follow dictators!

I would now like to apply this to our practice on the mat, especially the role of Uke and Tori (Nage). It is wonderful to see two people dancing skillfully. Dance is a refined art. You can feel the same enthusiasm in both the Kabuki theater and ballet. **But when we practice Budo, we have a different element from that of a dance. We train not only in the cooperation of the movements, but also in the theme of disharmony. That is, if Uke only moves so that it is pleasant for Tori, it is not Budo anymore.** At the same time Uke is not supposed to attack so much that Uke cannot protect himself against a possible Atemi from Tori. This is not Budo either.

Tori is not allowed to direct the type of attack. If we assume certain forms of attack, then that is sufficient. If we expect more, our Aikido becomes complacent and weak. Maybe it's nice to watch. But it is not Budo.

From my experience, by adding Daitoryu practice one obtains more inner strength and even more by exercising with a „dangerous“ sword. The stricter the Budo style, the more chances there are to train the mind. At the same time, there is a danger of being injured. The training must always progress in the right direction: strictly towards yourself and mildly against the aggressor.

When Uke and Tori truly understand this philosophy, Budo strength, especially the strength of Ki and love, will progress together and grow. The origin of the Ki (life force) is the Holy Spirit, which theology rightly identifies with love.

In the New Testament it is primarily said that Christ was raised (by the Heavenly Father) and not that He rose (from his own power), therefore Christ was risen by the Father through the power of the Holy Spirit. **The Holy Spirit is the source of life and love. Here, all three are united as one. This is the origin and reason why we can rely on trust and love in all matters.**

And with this, Susanne and I wish you a life-giving and loving Easter celebration!

Remarks

Handling Kyu Promotions

With regards to the payment of Kyu examinations in Aikido or Daitoryu, there is, as of yet, no uniform regulation, so there is sometimes confusion. In the future, it will be settled as follows: The examiner will collect € 20 from a student, keep 10 € (half of the current fee), and transfer the other half to the Shinki Dojo account. Shinki Dojo does not collect the fee directly from the examiners unless explicitly requested, because our collection authorization is officially relegated only to the admission fee and the annual contribution. Once the fee has been deposited to the Shinki Dojo account, I will create the certificate. If the certificate is presented at a seminar, which saves postage, I ask that the examiner informs me at least three days before the seminar. Thank you.

Changes to Course Dates

The November seminar in Ulm has been postponed a week later and will take place from November 25-26, 2017. As a result, the seminar in Dresden is now confirmed for November 11-12, 2017.

Minutes of the Examination Committee and the Trainer Committee Session

Meeting and discussion of the Aikido Shinki Rengo Examination Committee and Trainer Committee / Februar 4, 2017 2:00 – 3:45 p.m. / Edingen, Germany

Moderator: Duncan Underwood / **Secretary:** Sebastian Mehl / **Participants:** Michael Daishiro Nakajima, Duncan Underwood, Henry Kowallik, Bernd Hubl, Michael Danner, Gunnar Clausen, Georg Umlauf, Matthias Haaß, Birgit Bolk, Danijel Rolli, Marius Trzaski / **Silent Participants:** Ulf Dettmer, Lukas Underwood, Svenja Clausen, Wolfgang Felber, Katrin Wender, Jann-Volquard Hansen, Johannes Hoffmann

Note: Aikikai recognizes Shinki Rengo Aikido as a German association. As such, the following Examination Committee/Trainer Committee minutes are only pertinent for Shinki Rengo in Germany.
The minutes have been revised by M.D.Nakajima Sensei and Duncan Underwood (Chairman of the Grading Committee).

Agenda

Trainer Commission

- **Top 1:** „Report from the associations, suggestions, and problems“. Dealing with the Kyu-Examinations (content and organization)

Examination Committee

- **Top 1:** Comments from Sensei on the examination procedure and the relationship and development to the Aikikai
- **Top 2:** Discussion of possible opinions on the election process from the clubs
- **Top 3:** Responsibility
- **Top 4:** Dan Essays - Criteria? Publications?
- **Additional Top 1:** Organization of Dan Seminars
- **Additional Top 2:** Shinki News - Suggestions, wishes, reviews
- **Examination Seminars:** Examination Seminars in 2017

Trainer Commission

Top 1: „Report from the associations, suggestions, and problems“. Dealing with the Kyu-Examinations (content and organization)

- Birgit Bolk reports from the Munich Dojo; Despite the different opinions on Aikido, attempts are being made to rethink the similarities in order to achieve the common goal of „running the dojo“.
- In preparation for Kyu examinations, special training sessions within clubs are to be planned during the weekends; Michael Danner is organising a Kyu-grade seminar as preparation for Kyu gradings.
- Sensei emphasized that the testing trainers can acknowledge the individual being tested and, if necessary, omit techniques (e.g., no Suwari-Waza for those with knee problems, and select freely from the variations).
- Basically -> Shinki examination system is sufficient; The Katas were particularly highlighted as a special plus.

Examination Committee

Top 1: Comments from Sensei on the examination procedure and the relationship and development to the Aikikai

- Sensei reported on the relationship between Shinki Rengo and Aikikai.
- A plus for Shinki -> We are part of a large association.
- Sensei spoke of his good relations with the foreign department of the Aikikai.
- The question came up, because for some an Aikikai graduation is less worthwhile and more costly the further they graduate; for some a Shinki-only graduation would be sufficient.
- For Sensei, in addition to the testing techniques, the development of the content is important, he wants students to respect this (also applies to Shinki Toho and Daitoryu).
- Once Dan examinations are conducted, they are the same as Aikikai examinations. There is no „separate“ Shinki-Dan exam (this is contractually regulated).
- A lively discussion about the relationship with Aikikai.

Note: Plus for Aikikai graduation as it is internationally recognized.

Top 2: Discussion of possible opinions on the election process from the clubs

- Predominant Theme -> Sensei is to determine Examination Committee / Trainer Committee.
- The proposal that each club should elect a member for election has advantages and disadvantages.
- The aim is to prevent congestion in associations and / or spatial growth.
- Bernd Hubl talked about a similar approach in France, where Examination Committee / Trainer Committee members drive to the clubs, which currently have no votes in the committees.
- The idea that all members can participate in the Examination Committee / Trainer Committee meetings (but not vote) is seen as problematic, as this makes it difficult to make a concrete result.
- It is often the case that younger members only know their own trainers and do not know who to choose.
- within the groups there is often a lack of interest in the election.
- within clubs it is often not quite clear what the Examination Committee / Trainer Committee does.

Top 3: Responsibility

- Duncan points out that in his view participation in one of the commissions also entails an obligation to cooperate.
- No one has to make himself available for the election.
- If he / she does, however, this task has also a commitment to participate and to contribute.
- Specifically, it is noted that the response to requests or mails, e.g. to the articles should take place within and no later than 2 weeks.

Top 4: Dan Essays - Criteria? Publications?

- Should there be suggestions for Dan essays?
- Report by Henry Kowallik (currently responsible for the essays):
 - He is satisfied with the procedure.
 - The essays go to all Examination Committee members and Sensei.
 - Different responses to reading the essays from the Examination Committee; sometimes a lot, sometimes a little.
 - Summary of the test subject to Henry (CC to Examination Committee and Sensei).
 - Rarely reactions from the test subjects to the evaluation (inquiry).
- Proposal that, with the consent of the authors, articles will be published on the website.
- The essay is to be submitted before the examination.
- Note -> it would be nice, if personal experiences or own reflections are written about.
- Statement by Peter Saager about it (extracted from an email to Henry Kowallik): ... that in the essays there is less and less about Why Aikido? / how I came to it / problems I've had. I'd like to know more about Do, Ai, Ki, Aiki, Budo, Orientation, Centre, Uke, Nage or How we get along with each other, which would show more depth.
- -> Who is the essay for? (For the author them self, for Examination Committee, for the general public?).
- It is stipulated that after 2 weeks at the latest everyone should have sent his answer to Henry. (See Top 3 Responsibility).

Task: Henry Kowallik draws up recommendations with references and sends them to the Examination Committee.

Additional Top 1: Organization of Dan Seminars

- Question, if the type of preparation demonstrated by the Examination Committee at the Dan Seminar was in order. (It was asked which member wants to show which techniques).
- Some members also agreed to an allocation of techniques.
- Possibly, techniques should be shown which have not been performed precisely enough during gradings within the past year.
- Sensei will write certain desired techniques to the organizer and team.

Vote: Henry Kowallik was voted to be the organizer of the Dan Seminar for 2018.

Additional Top 2: Shinki News - Suggestions, wishes, reviews

- Claudia Buder proposed to discuss Shinki-News.
- Duncan Underwood praised the good work of the Shinki News Team.
- Often reports are about courses; What would be more interesting is more subject-related contributions (e.g., Peter Saager's report on working with refugees).
- Lukas Underwood reports on the problems involved -> the contributions must all come from the members; The editors are open to everything.
- Sensei would like to refer to current events in his contributions and asks whether the deadline can be changed. This was affirmed by Lukas regarding only these contributions.

Examination Seminars

- Examination Seminars 2017:
 - Dan Seminar
 - Dresden
 - München
 - Edingen
- Ulm and Weiler were still available, but as they occur close to the other seminars, were not considered in the scope of the plan.
- It is agreed that the examination seminars will be determined by the Examination Committee via email as early as November (or when the seminars for the following year are fixed). Then the Examination Committee members and candidates can plan for it. The aim is that at least 2 members of the Examiners' Committee can participate in each seminars. Otherwise, Sensei has the right to allow exceptions.

Essays from Dan tests in the Aikido Shinki Rengo

Note: Henry Kowalik's proposals about the Dan Examination Essays were discussed during the Examination Commission meeting and approved by Nakajima Sensei and Duncan Underwood (Chairman of the Examination Board).

The Aikido Shinki Rengo Examination from second to fourth dan calls for a theoretical examination in the form of „essays on Aikido,“ which are to be submitted no later than two weeks before the examination. The feedback to the essay will occur in conjunction after the evaluation of the practical examination. If the examination committee is of the opinion that the submitted text does not meet the requirement, a new version must be submitted within 14 days. The following tips may be of help concerning essay topic and style.

In general, it should be a question relevant to Aikido: it can be one's own reference to certain aspects pertaining to:

- Training
- Testing
- The meaning of certain hierarchies (Sōke - Sensei - Senpai - Kōhai) or
- Dojo etiquette

Other topics can be:

- Do
- Ai
- Ki
- Aiki
- Budo
- Orientation
- Center
- Uke
- Nage
- Dealing with one another

One can describe how the practice of Aikido has affected certain aspects of one's life. Philosophical statements and one's individual ideas pertaining to the topics are also permissible. Submissions are supposed to be one's own composition. If quotes are used, copyrights must be respected and sources clearly identified.

A Dan examination essay can also provide an impulse that critically questions or develops methodologies of training, and thereby enriches the community, because such suggestions (both for the author or the reader) may lead to a sharpening of the intellectual attitude and its deeper understanding. The work on the topic must show the intellectual development of the author.

Also conceivable are networking ideas:

- Concepts for a lean dojo administration or the
- Presentation of innovative approaches for seminar formats.

In short: anything that contributes to the development of Aikido Shinki Rengo is allowed. On the one hand, there are essays which deal with the practitioner's own development. On the other hand, the contributions can be based on the development of the community. For the Shinki community, both types of submissions may be valuable to one's own path as well as the overall development of Aikido Shinki Rengo.

Promotions

October 28, 2016 – February 28, 2017

Aikido

10. Kyu	Rösch, Leonie	Weiler	4. Kyu	Kiefer, Christian	Heidelberg
10. Kyu	Pötzing, Adrian	Wi-Sonnenberg	4. Kyu	Vogel, Leonid	Karlsruhe KIT
10. Kyu	Chubarov, Vladyslav	Wi-Sonnenberg	4. Kyu	Stanciu, Paul - Olivian	Sibiu
			4. Kyu	Kulagin, Roman	Karlsruhe
9. Kyu	Kretz, Ellen	Wi-Sonnenberg	4. Kyu	Rößler, Jens	Oberkessach
9. Kyu	Sutton, David	Wi-Sonnenberg	4. Kyu	Werner, Max	Eggenstein-L.
9. Kyu	Scherhorn, Moritz	Wi-Sonnenberg			
9. Kyu	Wielgus, Stella	Wi-Sonnenberg	3. Kyu	Kaden, Mario	Dresden
9. Kyu	Nissen, Tim	Wi-Sonnenberg	3. Kyu	Heitzler, Joerg	Edingen
9. Kyu	Schuhmacher, Lovis Béla	Wi-Sonnenberg	3. Kyu	Maaß, Lea	Edingen
9. Kyu	Tiebel, Paul	Wi-Sonnenberg	3. Kyu	Beuchle, Guenter	Leopoldshafen
9. Kyu	Dornes, Berenike	Pforzheim	3. Kyu	Weingärtner, Tobias	Leopoldshafen
9. Kyu	Margit, Gergö	Pforzheim			
9. Kyu	Margit, Mark	Pforzheim	2. Kyu	Niederbacher, Petra	Heidelberg
9. Kyu	Schulz, Alissa	Pforzheim	2. Kyu	Thies, Enrico	Dresden
9. Kyu	Schulz, Lorena	Pforzheim			
9. Kyu	Krenzer, Janik	Wi-Sonnenberg	1. Kyu	Jehle, Charlene	Karlsruhe
9. Kyu	Nissen, Dana	Wi-Sonnenberg	1. Kyu	Kubyak, Mandy	Cottbus
			1. Kyu	Kilb, Patrick	Lahnstein
8. Kyu	Rabitz, Lenny	Wi-Sonnenberg			
5. Kyu	Spörle, Natascha	Berlin Tomosei	1. Dan	Schneider, Daniel	Cottbus
5. Kyu	Medina, Juan	Cottbus			
5. Kyu	Spröh, Daniela	Rödental	5. Dan	Haaß, Matthias	Oberkessach
5. Kyu	Avcı, Selim	Ulm-Jablonski	5. Dan	Rolli, Danijel	Edingen
5. Kyu	Hartkorn, Inga	Ulm-Jablonski	5. Dan	Saager, Peter	Berlin
5. Kyu	Hartkorn, Harry	Ulm-Jablonski			

Daitoryu Aiki Jujutsu

5. Kyu	Brand, Monika	München
5. Kyu	Diefenbach, Wolfgang	Lahnstein
5. Kyu	Wolscht, Christine	Lahnstein
4. Kyu	Beltran, Gabriel	Lahnstein
4. Kyu	Linß, Marko	Rödental

Itto-den Shinki Toho

Shoden	Walz, Marion	Oberkessach
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Seminars

2017

Seminars with M. D. Nakajima

25. – 26. 03. 2017	Landau, Daitoryu
29. – 30. 04. 2017	Königheim, Jubiläum 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, Sommer-Seminar
16. 09. 2017	Heidelberg, Aikido/Daitoryu
30. 09. – 01. 10. 2017	Berlin Tomosei
14. – 15. 10. 2017	München, Shinki-Toho
11. – 12. 11. 2017	Dresden
25. – 26. 11. 2017	Ulm
30.12. 2017 – 01.01.2018	Oberkessach, Year-end-Seminar

Other Seminars

08. 04. – 09. 04. 2017	Itto-den Shinki Toho with Helmut Theobald, Leipzig
22. 04. 2017	4th Aikido-Kata-Seminar with M. Danner, M. Böttcher, E. Hardy a. J. Schröder
13./14. 05. 2017	9th Aikido-Youth-Seminar with Michael Danner, Schöntal-Oberkessach
20. 05. – 28. 05. 2017	21st Aikido-Seminar with Petra and Bernd Hubl, Hiddensee
15./16. 07. 2017	Aikido-Seminar with Duncan Underwood, Leopoldshafen
24. – 29. 07. 2017	Oldenswort, Sommer-Seminar, Duncan Underwood

Arigato gozaimasu

Preview of Shinki News No 8

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

Happy Easter and patience while training!
Shinki News Team.

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