

NO. 13

The title 'NO. 13' is rendered in a bold, black, brush-stroke style. The letter 'O' is replaced by a red circle. Inside the red circle, there are three white cherry blossoms arranged vertically on the left, and the Japanese characters '神氣' (Shinkiki) written vertically in black on the right. The background features a light gray, textured brushstroke effect.



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Soke's Word

Text: Michael Daishiro Nakajima

The last issue of the Shinki News was about “Itsuki” (pronounced: Its’ki), as something to avoid. This should now be considered a little more closely. In short, one speaks only of Itsuki, if one clings to trivialities, but not if one adheres to the objective of the essentials. On the contrary, this is Do. Two Japanese sayings express it:

順天行道 (junten koudou):
follow heaven and walk the path
樂命知天 (rakumei chiten):
enjoy life and get to know heaven

Both sayings show the attitude of the person who realizes the essential. Here one gets the sense of that which lies beyond the top-heavy, intellectual questions about meaning, and simply lives.

Some discover such a significant way relatively quickly and others very slowly or later. The main thing is if you can find it in life! My personal experience shows that it is not so easy to find. Every ordinary person (like me) must go through many wrong turns. Maybe I too will have to do that in the future. However, my experiences also say that the pursuit of the path - even if one is on a wrong path - gives orientation and new energy. Even if you fall, you can get up again. Or, as Tantra says, when you fall on the ground, it is necessary to get up again. 七転八起 (nanakorobi yaoki) says another Japanese saying that means “fall seven times, but get up eight times.”

Naturally, such life principles can also be understood as something individually. But we always live with and among our fellow human beings as well as our fellow citizens. Therefore, our search for the deeper middle should also be socially motivated. **We not only delve into ourselves, but we do it also for our fellow human beings and the world around us. This is our responsibility.** It is therefore very childish if we only complain about the “superficiality” of the world. We must experience it. And if we cannot do that, we should stay humble. It is something if we can give joy to a human even for a short time. But for that we need strength ourselves, which comes out of the deep, which gives us joy and life. A superficial joy cannot really make a person happy. And to acquire that true joy, we must go through painful experiences. Yes, that is Do.


Remarks

Shinki Toho: The next Bokuto order for Shinkiryu members must be received by 30 September, at the latest.

Publication of Graduations: due to data protection becoming stricter and stricter, I want to ask if anybody does not want their graduation published, they should let me know.

Seminar Reports





Aikido Course at Hiddensee

Bernd and Petra Hubl / 14.–22.04.2018

Text: Nadja Podbregar, Photos: Alev Sargin

Posture, tension, breathing - this was the motto of this year's Aikido training course on Hiddensee. For a week, twelve Aikidoka from different regions throughout Germany took the opportunity to focus on these aspects in meditation, Aikido training, and Shinki-Toho.

And where would this be better than on the small Baltic Sea island of Hiddensee? When we arrived, the island was still asleep, hibernating: hardly anybody was around. Nature had just begun to awaken from its wintry calm. Because there are no cars on Hiddensee, there is no hustle and bustle, only a deep silence that permeates the entire day. And, the wide, barren landscape of heath, dunes, and grasses radiates silence. It is precisely this tranquility, amid nature, that characterizes this course and makes it special.



During the daily morning meditation, it is this tranquility that helps us to become calm inside as well. Only the chirping of the birds, the soft rustling of the wind and, now and then, the clip-clop of a horse-drawn carriage interrupt the silence. Posture, tension, breathing. Sitting motionless, tracing one's breath, the circular carousel of thoughts begins to slow down. The stress, the distraction of everyday life is far away, the mind can open.

The leitmotif of the course also runs through the subsequent Aikido training in our matted conference room Dojo of the Heiderose Hotel. Posture: of course, this is the right Kamae, the stable stance and the correct technique. But it is also the inner attitude - the feeling for the movements of the partner and their center of gravity. It is the concentration and inner calmness that makes the Ki flow and enables the intensive work. This is exactly what we tried to practice repeatedly during our week on Hidden-see. Tension: It is important to absorb the energy of our counterpart and to translate it into the appropriate technique - not always easy for us students. Sometimes you catch yourself, acting only with force, another time - particularly towards the end of the training sessions - you feel like a limp flour sack without any body tension. And last, but not least, we practiced breathing in harmony with the movements.

The daily training and the group growing together over time helped us to focus on the three aspects of the training motto. Time and again, Bernd and Petra succeed in recognizing our weaknesses and providing helpful hints and further exercises at these points. At the end of the intensive training week, Eugen, Okan, Matthias and Burkhardt successfully passed their respective Kyu exams.



One of the highlights and the defining features of the Hiddensee course is training on the beach. On several afternoons we trained along the barren dunes. Here, overlooking the wide horizon and the largely deserted sandy beach, we practiced the first forms of Itto-den Shinki Toho Ô-dachi.

The nature around us also gave this training a very special atmosphere. The view of the sea and the constant sound of the waves helped us to find peace and concentration in the

Kumites - posture, tension, breathing. At the same time, however, the uneven, yielding sand and the algae clumps, which are always in the way, were quite a challenge: despite occasional stumbling, it was important to keep the concentration on Shinki-Toho. This year we were lucky with the weather: The sometimes quite cold wind was rather mild this time and the sun warmed up the sand so that some of us even trained barefoot.



Hiddensee training does not only mean meditation, Aikido, and beach training - it also inspires from the community and the intensive exchange. Whether at the group breakfast at the long table in the "Heiderose", the excursion by bicycle to the monastery and the lighthouse, or the group hike along the steep coast, again and again, there was opportunity for discussions, the exchange of experience, and the beautiful opportunity to get to know other participants as well as the non-Aikidoka. In the evening, delicious meals were cooked in the holiday homes or one could dine in the restaurant. Time and again, however, there was time to be alone, to enjoy nature and to relax.

At the end of the training week, the body and soul were full, full of new impressions and experiences and freshly motivated to keep practicing in our everyday lives - posture, tension, breathing. Many of the participants come back every year for this reason - Hiddensee is simply addictive!

Next year is already confirmed: 06.-14.04.2019.



Text: Nadja Podbregar



Photos: Alev Sargin



Unity in diversity - Training Course in Weimar

Mathias Haaß and Danijel Rolli / 12. & 13.05.2018

Text: Claudia Buder / Photos: Claudia Buder

Weimar greets Friedrich Schiller:
Strive for unity, but do not seek it in uniformity.

The until now rather white Daitoryu leaf in the east of our country, was filled in with color during a new course in May 2018: Mathias Haaß and Danijel Rolli opened new prospects with their insights in the canon of Shinkiryu Aiki Budo.



Initiative

Our life is an overwhelming stream.
How many possibilities arise in a growing web of circumstances?

Every moment presents a decision. Here in this world. Initiative is a determination, an ability to act out of itself. It arises in the present moment out of retrospect and perspective.

So: grab the opportunity. That's it.
On the mat, we practice it over and over.
But it's not just on the mat.
Our Shinki is universal.
Initiative as an attitude.
So, what do we do then ... for Shinki ?!

Exercise

Insight can be so wise, but it wants to be lived through. The act counts. **There are no shortcuts. Our little self is sometimes so smart at spotting easy ways.** Reckless? Let the little thinking fall. Open yourself. Get in there. Do it. You already recognized it.
Practice! Do not let up. Strive for yourself.
Usus est magister optimus (Latin – experience is the best teacher).



Responsibility

At the beginning of the path you look with open wonder and not without longing to the experienced. Everything is new and open. There is a way. There are steps to follow. And with the steps comes the realization, the recognition of an answer. Which answer do you give? Where do you stand? Responsibility is confessing. Out of the middle.

Vitality

Give yourself into it.
Danijel and Mathias have set out on their way and shown it too. Each in his own way. Unique.
Cognition is realized in opening. Vitality is movement. Simply be on the way. The path changes over time. And in the change is inevitably the other.
Simply life.

Shinki

... is our unity. Our center. Our middle.
Also, our fortune.
Because this unity enables our diversity.
Shinki grows new and diverse gifts.
Our job is to accept a unity that goes beyond personal preferences.
Unity in diversity.





We thank our sensei -
Michael Daishiro
Nakajima.
He opens the gateway
repeatedly.
Let's follow his initiative!

Epilogue - across all
countries and borders:

**Only when we can com-
pletely and genuinely
open and accept each
other, will we approach
the deeper meaning of
Oneness. (Richard von
Weizsäcker)**



Text & Photos: Claudia Buder



Promotions

15. May – 14. August 2018

Aikido

1 Dan	Eisenkrätzer, Alexander	Bad Segeberg
1 Kyu	Buechner, Stefanie	Berlin Tomosei
1 Kyu	Niederbacher, Petra	Heidelberg
2 Kyu	Kiefer, Christian	Heidelberg
2 Kyu	Weiß, Uwe	HD Umlauf
3 Kyu	Briegel, Steffen	Weiler
3 Kyu	Zebandt, Sandra	Weiler
3 Kyu	Tada, Aika Marie	EZ Bonn
9 Kyu	Arnold, Tobias	Weiler
9 Kyu	Arnold, Sandra	Weiler
10 Kyu	Buhr, Sophie	Rheinbreitbach
10 Kyu	Rabitz, Romeo	Wi-Sonnenberg
10 Kyu	Maier, Natalie	Oberkessach
10 Kyu	Maier, Stefanie	Oberkessach
10 Kyu	Sibert, Eldar	Oberkessach
10 Kyu	Tibelius, Phiipp	Oberkessach
10 Kyu	Rösch, Nico	Weiler
10 Kyu	Lehmann, Andor	Weiler
10 Kyu	Göhlert, Lena	Weiler
10 Kyu	Göhlert, Jonas	Weiler

Daitoryu Aiki Jujutsu

Dairi-Kyoju	Rolli, Danijel	Edingen
4 Dan	Broll, Alexander	Landau
3 Dan	Palm, Dominik	Oberkessach
1 Kyu	Frank, Waldemar	Landau
2 Kyu	Dieterle, Michael	Oberkessach
2 Kyu	Schneider, Daniel	Cottbus
3 Kyu	Rispeter, Harald	SG KIT
3 Kyu	Maier, Alexander	Oberkessach
3 Kyu	Heuser, Dag	Lahnstein
3 Kyu	Jung, Max	Landau
3 Kyu	Habath, Sophia	Landau
4 Kyu	Parvaneh-Sayar, Mohammad-Hosseini	Wiesbaden
4 Kyu	Roessler, Jens	Oberkessach
4 Kyu	Holtz, Alexander	Lahnstein
4 Kyu	Goldemann, Cedric	Landau
4 Kyu	Brand, Monika	München
4 Kyu	Wohlleber, Sophia	Landau
4 Kyu	Biegholdt, Martin	München
4 Kyu	Mbassa, Cedric	Landau
4 Kyu	Belting, Stefan	Landau
4 Kyu	Laber, Katharina	Landau
5 Kyu	Konrad, Tobias	Oberkessach
5 Kyu	Weingärtner, Tobias	SG KIT

Seminars

2018

Seminars 2018

- Sat 8. – Sun 9. September** **Schkeuditz: Aiki-Budo**
with Claudia Buder and Henry Kyerim Kowallik
- Sat 22. September** **Heidelberg: Aikido-Seminar**
with M. D. Nakajima Shihan
- Sat 13. – Sun 14. October** **Schkeuditz: Itto-den Shinki Toho**
with Helmut Theobald
- Sat 13. October** **Leopoldshafen: Aikido-Seminar**
with Michael Danner, Jochen Schröder, Edme Hardy
- Sat 10. – Sun 11. November** **Edingen: Aiki-Budo-Seminar**
with M. D. Nakajima Soke
- Sat 24. – Sun 25. November** **Dresden: Aiki-Budo**
with M. D. Nakajima Soke

Arigato gozaimasu

Preview Shinki News No. 14

The next edition of Shinki News focuses on Shinki Toho and will be published in December 2018.

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 autumn full of Ki!
Shinki News Team.

Imprint

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