



# SHINTAIDO OF AMERICA

FALL BULLETIN

NOVEMBER, 1984

## A VISION FOR THE COMING YEAR

H. F. Ito

Hello. How are you? How have you been this past year? Sorry that I was not able to work out with many of you since I was working with the TRIS committee in France and had to be out of the States for three months. Hope you managed your own keiko and kept up Shintaido momentum in your regions. Because it may be my last chance in this year to give a public greeting, let me open my vision for next year.

Why don't we have at least two national gasshukus in 1985? One on the East Coast and the other one on the West Coast. How would you like to invite one guest instructor from Japan (East to West) sometime next Spring and another guest instructor from Europe (West to East) sometime next fall? Then any serious practitioners could attend at least one of these national gasshukus and if possible I hope most can attend both.

These gasshukus will be good preparation for us in case Shintaido of America organizes the next international gasshuku. Also, it will be a good opportunity for those who could not go to France this summer to study European and Japanese Shintaido spirit and discipline. Please think about this proposal and let me know your opinions.

Looking forward to getting together and singing a hymn of life again.

A bientot.

## NEWS OF THE VARIOUS GROUPS

### Bay Area Shintaido

A first for Bay Area Shintaido - a children's gasshuku sometime before the end of this year. Adults continue their regular schedule with some new and some new old faces. It's that time of year.

### Shintaido of Berkeley (S.O.B)

Berkeley Shintaido has moved indoors out of the California rain. Classes are Saturday mornings at the Hearst Gym on the U.C. Berkeley Campus.

### Worcester

Thomas Abbott continues to direct the activities of the Worcester group. Didn't get a chance to talk with him before this Bulletin went to press. (To press?) We in the West are expecting a quick visit from Kesh Narayan on his way to Japan and will spread some of the news of the various groups that way.

### Blue Mountain, Oregon

John Seaman continues to teach his group at the university in LeGrande, Oregon. Lee is teaching in their home base of Baker. The snow is on the hills and waiting to hit Baker and the ranch.



NEWS OF GROUPS - CONT'D

Cambridge (Boston)

The Harvard/Radcliffe Shintaido Club was set up the beginning of this year and classes continue under the direction of Michael Thompson. Michael writes that he's spilling over into Boston and has started another group at Boston College.

TRIS ET APRES-TRIS

Bela Breslau

At TRIS, I asked for impressions and actually received a few ranging from the poetic to the . . . je ne sais quoi.

French Haiku

"Au clair de la lune,  
j'ai pété dans l'eau.  
ca faisait des bulles,  
c'était rigolo."

Binh Kimh, August 1984

(In the light of the moon,  
I farted in the water.  
It made bubbles,  
It was fun)

translated by M. Thompson

"I discovered why the French have such good 'Shintaido bodies.' They have keiko on bare dirt dojos - in Poissy, where there is grass all around, they roll in the dirt - and finish keiko with almost black gis. Then it takes a long time to scrub their keiko gis white again, and if you don't lower your koshi while you are scrubbing at the sink, you get a back ache. So they have soft koshis from so much scrubbing of keiko gis."

"People like the flowing of the sea  
timeless without space  
energy timeless  
orchestrated by the  
core  
the source  
the beginning"

"Just as there's more to Paris  
Than Henry Miller on whores  
So there's more to TRIS  
Then words on paper."

ET APRES-TRIS. . .

Joel Mucci from Saint-Dizier plans to spend two or three months in San Francisco at the beginning of next year. He writes in a letter to Ito:

"My health, my morale, my group, all of these are working well, when I say working well, I mean flowing, rolling . . . well. . . . We are more than twenty who have taken up the course again . . . like the nucleus of an atom around which I know will come numerous 'neutrons' and 'protons' (by which I mean boys and girls). TRIS brought us a lot of energy and clarity of comprehension of Shintaido and we came out of it more humble, at least I hope so. At this moment in my courses I see Ito-sensei with his baton (joh), pilgrim of Shintaido and I hear his advice, his directives, his love and his hopes in mankind and I tell my self that Shintaido through keiko is my oxygen."

(translated by Bela Breslau)

OTHER NEWS

Jay Zuckerman of Tuscon, Arizona may also come to San Francisco sometime this winter. He writes to Ito-sensei:

"I am very dedicated to this 'new body way' and would very much like to push myself (or be pushed) beyond my self-imposed mental and physical limits."

MEMBERSHIP 1985 ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! !

Become a member for 1985! It's not too soon to send in your membership for the new year. Shintaido of America has been a non-profit corporation since 1976.

Send in your check for \$25.00. See enclosed letter. It outlines the benefits and some of the activities of Shintaido of America and tells you where to send that check.



# Shintaido

*a new art of movement and life-expression*

November, 1984

Dear Shintaido Friends:

There are many reasons to be a member of Shintaido of America. Your membership is the foundation for our national organization. Shintaido of America provides the support by which instructors and students can move ahead in their pursuit of Shintaido and all that it has to offer.

Some of the concrete aspects of what that means:

- information and communications between groups
- support of regional area groups
- sponsoring of gasshukus
- coordinating of international communications
- a source for equipment
- participation in Shintaido Instructors Club (SIC)
- recommendation for students who want to study in Japan

As a member you will receive:

- discounts on equipment and S of A sponsored gasshukus and workshops
- newsletters
- information!

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My 1985 membership in the amount of \$25.00 is enclosed:

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Please make your checks out to Shintaido of America and return along with this form to: Shintaido of America, 145 Judah Street #6, San Francisco, CA 94122. Thanks.