



# SHINTAIDO OF AMERICA

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DECEMBER, 1985 NEWSLETTER

SAN FRANCISCO, CALIFORNIA

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## NATIONAL GASSHUKUS

Looking back over 1985, for the first time Shintaido of America sponsored two national gasshukus.

The Bay Area Shintaido groups organized the Memorial Day Weekend gasshuku in May of 1985. Okada-sensei came from Japan and with Ito-sensei led a "joyful" beginners group and an inspired experienced group in keikos along the foggy beaches of Marin.

The New England Shintaido groups organized the Columbus Day weekend gasshuku in October of this year. Against a backdrop of spectacular fall colors, Robert Breant, Head Instructor of French Shintaido, H. Ito and Michael Thompson led the keikos. A special added attraction was instruction by Martine Breant.

Mark your 1986 calendars. Plan for two national events: 1) The May gasshuku (and national membership meeting) will take place in the San Francisco area. 2) The second East Coast event is being planned for August. **We are planning to invite Aoki-sensei, the founder of Shintaido.** This will be a rare opportunity to study under the direction of Aoki-sensei.

## KANGEIKO 1986

1986 will begin with two kangeikos, with instruction by Ito-sensei, one in San Francisco and a second in New England.

The San Francisco kangeiko is scheduled from January 5th to 11th (at the traditional early morning hours). The New England kangeiko will take place over Washington's birthday weekend, from February 15th to 17th.

## THE SHINTAIDO NETWORK

Where are the Shintaido instructors in America? These days there are eight instructors and here are their names, titles and locations.

H. F. Ito, Head Instructor, San Francisco, California

Michael Thompson, Senior Instructor, Cambridge, Massachusetts

Jean Pierre Marquez, Junior Instructor, Los Angeles, California

Jim Sterling, Junior Instructor, San Francisco, California

Bela Breslau, Junior Instructor, San Francisco, California

Thomas Abbott, Junior Instructor, Worcester, Massachusetts

Kazu Shibao, Junior Instructor, San Francisco, California

Claude Breant, Junior Instructor, Los Angeles, California

As you can see from the above, Claude Breant and Lori are back in the U.S.A. Also, Lee and John Seaman have a new address: 1096 North First Street, Union, Oregon 97883  
Telephone: 503/562-5712

By early next year, we should have the membership and practitioners lists with names, addresses and telephone numbers on computer. The lists will be more easily updated and available.





"AH" on the beach in  
Marin, California during  
Memorial Day Weekend  
Gasshuku, May, 1985

Mits & Nobu Hadeishi in  
foreground

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**EXAM RESULTS:** At both national gasshukus, examinations were held. Here are the combined results:

**Shintaido Karate:**

John Brinsley, 6 kyu  
James Wiester, 6 kyu  
Jim Sterling, 6 kyu  
Ben Schirisen, 8 kyu  
Jay Zuckerman, 10 kyu

**Shintaido Bohjutsu:**

Kazu Shibao, 1 kyu  
Thomas Abbott, 3 kyu  
Christina Cross, 5 kyu  
Ben Schirisen, 5 kyu  
Bill Burtis, 6 kyu  
Michelle Grenier, 7 kyu  
Kesh Narayanan, 7 kyu  
John Brinsley, 7 kyu

Joe Zawielski, 7 kyu  
Connie Borden, 8 kyu  
Mits Hadeishi, 8 kyu  
David Franklin, 8 kyu  
Jay Zuckerman, 9 kyu  
Bob Howald, 9 kyu  
Kathy Mulica, 10 kyu  
Eva Thadeus, 10 kyu  
Debbie Zawielski, 10 kyu

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Kumiboh in Ashby, Massachusetts  
during the Columbus Day Weekend  
Gasshuku, October, 1985.

Brinsley/Hadeishi

Grenier/Cross

D. Zawielski/Shibao

J. Zawielski/Narayanan





## ITO'S BOOKSHELF

(Editor's note: For the first time, since I have known Ito, he has spent money on furniture. What did he buy? Bookshelves! One whole wall, the only open wall in the apartment, is lined with books. They are in Japanese. It gives the apartment a learned and exotic air. Here are some of Ito's recommendations from those shelves, along with his comments).

### Health and Healing, by Andrew Weil

The ideas in this book were not new to me, but I was amazed by Weil's total wholistic overview on the world of medicine. Anyone who is involved in cross-cultural study or work, or who has a general interest in medicine and health, should read this book.

### The Aquarian Conspiracy, by Marilyn Ferguson

I thought this book was a book with which Americans could get their confidence back. If you will understand Shintaido's position in the world, what we are doing, you will understand that we are part of the Aquarian conspiracy.

### On Death and Dying;

### Death the Final Stage of Growth;

### On Children and Death;

three books by Elizabeth Kubler-Ross

When I moved to the United States ten years ago, I immediately recognized American people are afraid of dying. Kubler-Ross who came to America from Europe saw in America a death-denying society and she wanted to help change this view. In Shintaido, I have often talked about "life exchange" philosophy, however, I have felt many Americans were not receptive to this concept because it goes against their humanistic view of life. Death is a harsh reality, but it is also an inevitable event which can give ultimate meaning to our lives. Just as Henry Miller's work liberated our consciousness about sex, Hiroyuki Aoki's Shintaido can liberate our consciousness about violence, and Kubler-Ross' work can liberate our own ideas of death.

## MEMBERSHIP 1986

Once again it's time to think about sending in your membership dues. We have added some new categories to give those of us with the ability to do so the opportunity to expand our support.

Student Member (full time high school or college)	\$15.00
General Member	\$30.00
Contributing Member	\$50 - \$100
Sustaining Member	\$100 - \$500

As members, you actively support the development of Shintaido in America.

Shintaido of America's current goals for 1986 and the future include:

- Translation of Aoki-sensei's second book
- Support for bringing Aoki-sensei to the U.S. in 1986
- Support for formation of new Shintaido groups
- Continued support for SIC (Shintaido Instructor's Council)
- Development of public relations
- Dojo/office/Shintaido Center
- Legal, accounting and administrative support

Make your tax deductible checks payable to Shintaido of America and send to Shintaido, P. O. Box 22622, San Francisco, CA 94122.

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Merry Christmas  
and a  
Happy New Year



**1985 Members:** Thanks for your support in 1985!

Thomas Abbott  
Stuart Baker  
Barbara Barnard  
Ronald Berube  
Linda Boehm  
Connie Borden  
Bela Breslau  
John Brinsley  
Michael Buckley  
John Buczek  
Judith Buczek  
Bill Burtis  
Dan Calloway  
Gina Covina  
Christopher Crenner  
Christina Cross  
Boni Cruz  
Jim Cumming  
Jennie Day  
Juliette Farkouh  
David Franklin  
Harrison Fried  
Michael Goldberg  
Mary Granada  
Michelle Grenier  
Ken Gwin  
Claudia Haddad  
Irene Hadeishi  
Nobu Hadeishi  
Tanaka Hajime  
Osha Hibbard  
Bob Howald  
Henry Kaiser  
John Kent  
Jean Pierre Marquez  
Sarah Martin-Frisby

Susan Massad  
Jonathan Mensing  
Brenda Miller  
Kathleen Mulica  
Kesh Narayanan  
Pamela Olton  
John Pecharich  
Marcy Pecora  
Lee Phillips  
Paul Phillips  
Rosemary Rae  
Carol Reynolds  
Rich Robbins  
Leslie Roberts  
Linda Scharf  
Ben Schirisen  
Friedemann Schultz  
Michael Schultz  
John Seaman  
Lee Seaman  
Kazu Shibao  
Michael Slade  
John Snow  
Danie Snyder  
Russell Staples  
Jim Sterling  
Marjorie Sterling  
Bruce Taylor  
Leslie Waters  
Dorothy Weicker  
James Wiester  
Anelie Wilde  
Debra Zawielski  
Joseph Zawielski  
Jay Zuckerman

Past Supporting Members

Ed Millard  
Joseph Curley  
Ellen Solot  
George Lewis  
John & Lee Seaman  
Lawrence & Doris  
Banks

Life time members

Michael Thompson  
H. F. Ito

Honorary Members

Nobu Hadeishi  
David Nakagawa

(If you are a member,  
and were left off  
this list, please let  
me know. Bela).