



SHINTAIDO OF AMERICA

October 1987 Newsletter

San Francisco, California

Shintaido Meets Amma

by H. Ito

Over the past few years, I have had several opportunities to work with David Palmer, the founder of the Amma Institute, a school of traditional Japanese massage, which is located in San Francisco.

In Japan, Shintaido works through "cultural centers" which are a kind of adult education system run by several of the major Japanese newspaper companies. In France, Shintaido has recently held several joint events with a Macrobiotic group. Here in the U.S., I have recently become more and more aware of how strong the connection between Shintaido and Amma has grown. I am extremely appreciative of David and what he has done for and with Shintaido.

I first taught Shintaido to a group of Amma practitioners about five years ago. Stephen Pizzella, one of the first Shintaido students in San Francisco had studied Amma and was starting a business with David offering massage in the work place. He introduced me to David and to Amma at that time.

Recently, I again taught Shintaido at one of the regular Amma courses. Now Kenko Taiso (soft Shintaido) has become a part of the Amma course offered in San Francisco, and David

has incorporated the Kenko Taiso warmups into his workshop program which he teaches all over the country. We have had a few new Shintaido students as a result and are delighted to have increased our mailing list with many interested people.

But that is not all. David sells the Shintaido book wherever he goes. And, he has started an excellent newsletter for massage practitioners called The Bodywork Entrepreneur. You may have noticed that our newsletters have been becoming a bit sleeker and more attractive. That is due in large part to David's generous advice about how to use our new software for the MacIntosh and also because he has donated time on his laser printer so that the finished product comes out looking better every time.

Now there are at least five Shintaido instructors and assistants who have studied Amma: Stephen Pizzella, Pamela Olton, Tom Stinnett, Bela Breslau and Ellen Solot. And Stephen has started a new Shintaido group which is largely made up of massage practitioners.

Of course there is another benefit to the connection with Amma. At gasshukus,

during keikos and after, there are more and more practitioners of Shintaido who can help their friends and one another with massage.

I would like to recommend the Amma Institute to anyone interested in massage. When I studied the Amma kata, I felt like I was studying the godan (fifth level) bojutsu kata! For information you can contact: The Amma Institute, 1596 Post Street, San Francisco, CA 94109. Telephone: (415) 921-2453. □

S.F.'s Kids' Classes

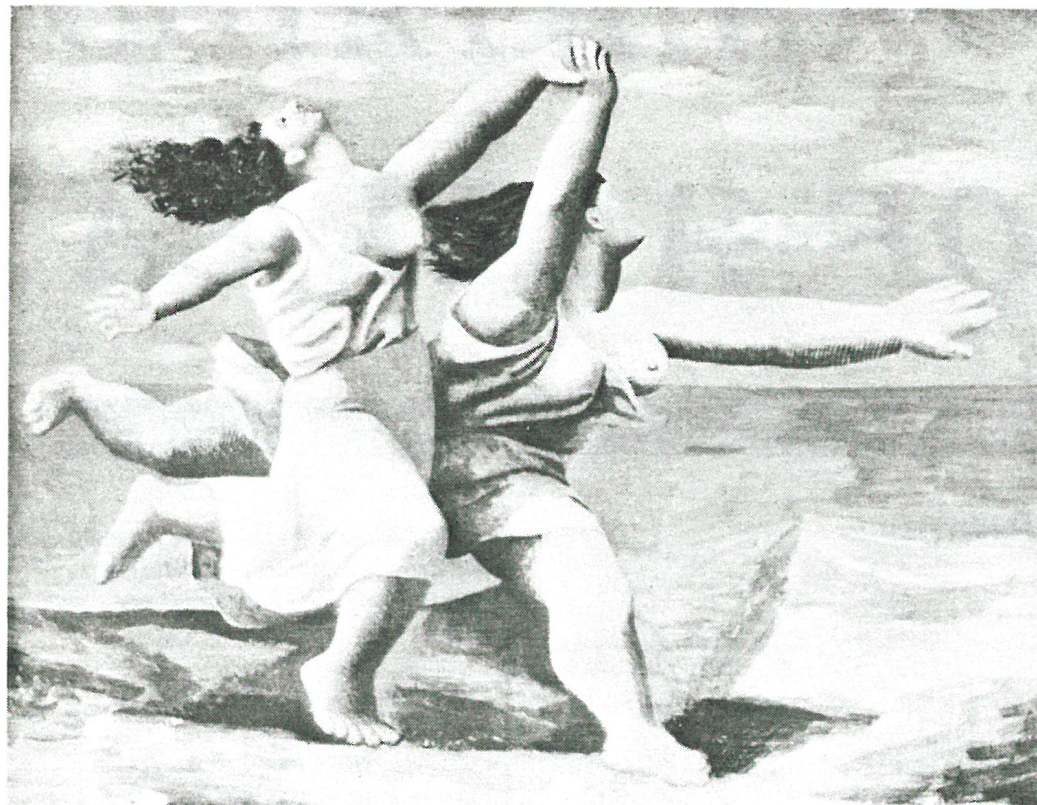
by Ben Schireson

This year our children's Shintaido karate class is changing. The same core group has returned and they have a strong focused energy, not surprising now that they are pre-pubescent. Maybe we will finally get some girls in class soon. Tom Stinnett and I are each teaching one class a week. Jim Sterling is making guest appearances.

I have been bringing Shintaido out into the community by instructing short introductory classes at several day care centers in San Francisco. Since the feeling is not so focused, I have included more kiai and fun keikos. It is a very interesting learning experience to teach kids who are not so dedicated and disciplined. □

Membership 1988

Along with this newsletter, you will find an Invitation to Membership. The Invitation lists all the things we do and hope to



do with your membership support. It also lists several categories of membership so that if you wish to be generous in your support, there's no problem! As Aoki Sensei says in his article in the International Shintaido News, he hopes that we will "take care of our neighbors, encourage one another, cleanse the soul and build up a more beautiful and better spiritual world through the study of Shintaido." With your help, we hope the SoA organization can provide support for these greater Shintaido ideals.

*Deux femmes courant
sur la plage,
Pablo Picasso, 1922*

Gasshukus

New England National Gasshuku. The most recent National gasshuku, a two part event, unfolded in New England in October. The general workshop took place on Thompson Island in Boston Harbor. We were fortunate to have Hideko Sensei from Japan as guest instructor. Those interested in boh and karate exams had an opportunity to take them. The results are listed below. Hideko Sensei gave Shintaido evaluations for those interested.

Just prior to the General workshop, the Second Advanced Workshop for instructors and assistants was held in New Hampshire against a backdrop of brilliant fall colors. Ito Sensei instructed advanced boh. In addition to the material, the experience of New England in Fall was perhaps the strongest part of the workshop. During the afternoon keiko, everything stopped for a moment. We were in a kind of fairy book scene: Honking geese flying overhead reflected the golden sunset against a darkening sky and thick grey clouds in the background set off a full rainbow. Shintaido in the New England world of Oz?

Thanksgiving Gasshuku. The next gasshuku is a local west coaster sponsored by Shintaido of West Los Angeles. It will take place over Thanksgiving weekend, November 27 - 29, near Santa Barbara. The Picasso picture of the two women used in the call to membership above comes from the Thanksgiving flyer. What a nice image! □

The Shintaido News

This Issue of the Shintaido Newsletter is a brief one. With it you are getting a copy of the International News (some of you may already have received your copies) and an Invitation to Membership.

Issues to Come: The SoA Newsletter is hungry for information from other parts of the United States. Please submit: articles, cartoons, drawings, pictures, reports about events, funny stories, ideas for articles . . . just about anything. If it doesn't fit in the then current issue, it may fit later, or it may provide the seed for a future article. In coming issues, we will have: The U.S. Enterprise and Shintaido — The Navy meets Tenshingoso. Shintaido and Music — An interview with Kent Nagano of the Berkeley Symphony. The Shintaido Terminology column. □

Exam Results

Bo Exams

Bill Burtis	4 kyu
Connie Borden	4 kyu
Kesh Narayanan	4 kyu
David Franklin	5 kyu
Michele Grenier	5 kyu
Tom Stinnett	6 kyu
Kathy Mulica	7 kyu
Stephane Seddiki	7 kyu
Eric Avildsen	8 kyu
Christophe Bernard	8 kyu
Faith Ingulsrud	8 kyu
Jacques Seddiki	8 kyu
Jason Ravitz	9 kyu

Karate Exams

Tom Stinnett	6 kyu
David Franklin	7 kyu
Connie Borden	8 kyu
Juliette Farkouh	9 kyu

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