



PACIFIC SHINTAIDO BULLETIN

May, 1991

Why do Shintaidoists wear white? White gis, white belts, white tabi, and white hakama?

When Aoki-sensei was developing Shintaido, he thought that the Japanese martial arts were getting weaker spiritually and technically in part because the black belt dan/kyu grading system had become inflated. His goal was to rebuild the Japanese martial arts, to leave the inflation behind and return to the source of Japanese martial arts a few hundred years before. At that time white kimono was the costume of the death ceremony in the samurai era. For Aoki-sensei's students, wearing white meant they were sacrificing themselves, relinquishing their black belts attained after long and hard effort. It meant giving themselves up to the quest to develop Shintaido and to restore the true meaning and spirit of the martial arts in our modern age.

Traditionally, only the martial art master who had reached the highest level had the right to wear white hakama. Aoki-sensei wanted his students to wear white to prepare themselves to re-experience all of the secret and highest level techniques of each master.

If we lived in Japan we would understand the preparations and ceremony of Shintaido. Since we are living in a very different culture, we need hints to discover the meaning behind the forms: bowing before entering and leaving the dojo, seiza in a circle at the beginning and end of a class, cleaning the dojo before and after keiko, bowing to keiko partners before and after kumite, respectful treatment of keiko equipment, and sensei care. Just as in the wearing of white there is meaning, behind each of these forms or customs there is also a deep philosophy. And, until you digest and understand the meaning, you should not reject a form or a discipline.

Just as an actor puts on a costume and begins to assume the character of his role, when you put on your gi, please appreciate it as an act of becoming prepared. Make yourself ready to receive, and ready to be the right person in the right place at the right time.

Kelko In San Francisco:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 a.m.- 7:00 a.m. Kenjutsu/ Shintaido Ben Schireson		5:45 a.m.- 7:00 a.m. Shintaido Kazu Shibao		8:00 a.m.- 10:00 a.m. Bojutsu Jim Sterling
7:00 p.m.- 8:30 p.m. Bojutsu Kazu Shibao	7:30 p.m.- 9:00 p.m. Introductory Shintaido Connie Borden- Sheets	7:00 p.m.- 8:30 p.m. Karate/ Shintaido Tom Stinnett		7:00 p.m.- 8:30 p.m. Shintaido Bela Breslau	

All morning classes are at Ocean Beach at Lawton.

All evening classes are at the dojo, 333 Dolores, between 16th & 17th St.

Wednesday night classes that fall near the full moon will be at Ocean Beach, at the same time. Call Mila Gelman, 826-8361, to verify.

Keiko Update

Chris Nash will be instructing a beginning Shintaido class at 6:30 p.m. each Thursday, commencing May 9th. Keiko will take place at Lake Temescal in the East Bay. Please contact Chris at 428-9198, for details and directions.

Dojo News:

There are five days in May when the dojo will be unavailable: Wednesday, May 15th through Sunday, May 19th. This means any regularly scheduled classes must make alternate arrangements. Announcements of alternate locations will be made prior to these dates and for the outdoor classes, whom to contact in case of rain.

Upcoming Special Events:

Assistants' keiko: Sunday, May 5th at 8:00 a.m. at the beach, taught by Jim-sensei. Bring your bo and bokutoh. A potluck will follow, at Jim's house, 3727 Lawton St. After this, the next assistants' keiko will be July 14th.

Asian Pacific Cultural Festival: The Shintaido demonstration is scheduled for Wednesday, May 22nd, between 11:30 & 11:50 a.m. It will be held at Saunders Court, UCSF, San Francisco. Come and support your fellow practitioners.

Triathlon: Our second annual Triathlon will be held on May 25th-27th, at Ocean Beach. There will be six keiko, two each of karate, bo and Shintaido. You can sign up for two, four or all six keiko. Shin Aoki and Brenda Wong are in charge. The date is fast approaching, so sign up now!

Pacific Shintaido Keiko: A special pre-meeting keiko, from 8:00 a.m. to 9:00 a.m., led by Ito-sensei, will be held at the beach, on Sunday, June 9th. All are welcome. Attire is casual (sweats o.k.).

Pacific Shintaido Meeting: The next PacShin meeting is on Sunday, June 9th, at 9:30 a.m. at David Sirgany's house, 1233-45th Ave., near Lincoln, 564-4081. Pacific Shintaido members are invited to attend: please give your proxy to an attendee if you cannot make it. If you are not a member of Pacific Shintaido and wish to attend the meeting, please speak with your instructor.

Instructors' Keiko: An instructors' keiko will be led by Ito-sensei on Sunday, June 16th, at 7:00 a.m., at the beach. For more information contact Robert Gaston, 885-5098.

The editors of the Pacific Shintaido Bulletin are: Sandra Bengtsson, 885-5098; Boni Cruz, 584-8026; Juliette Farkouh, 239-4132. Please contact us if you have news you'd like inserted in the Bulletin.

The Shintaido outreach phone number is 586-1177. If you received this by mail and wish to be removed from our mailing list, please let us know. Thank you.