



PACIFIC SHINTAIDO BULLETIN

June, 1991

ON BOWING...

In Shintaido we bow on entering and leaving the dojo, before and after kumite, and after each seiza. Why do we bow so much?

Culturally in American we may bow our heads in prayer, to God, but not to our fellow man - a handshake will usually do! In Japan, the average person bows several times an hour, every hour of every day.

Is bowing reverence, or respect? Humility or a symbolic act?

One of Shintaido's aims is to revive nature in our bodies. Just as a tree bends with the wind, bowing can be a reminder to be flexible and to integrate ourselves with our environment.

Culturally Japanese and Americans have strengths and weaknesses that are nearly opposite. How can such opposing cultures join together and co-exist?

Bowing can become a symbolic break with whatever is 'normal' for each of us - an agreement to empty everything, and start fresh, clean, and unencumbered, a new beginning each time.

Keiko 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 instructs a beginning Shintaido class at 6:30 p.m. each Thursday. Keiko takes place at Lake Temescal in the East Bay. Please contact Chris at 428-9198, for details and directions.

Dojo Message:

We are in danger of losing our good intentions. We all mean to get to keiko early, but something gets in the way. Then we realize that we left our towel at home.

When was the last time you went to keiko without your gi? It is as important to bring your towel and to prepare the dojo as it is to put on your gi.

Upcoming Special Events:

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.

Health &
Harmony Fair:

On Sunday, June 9th, there will be a Shintaido demonstration at the Health & Harmony Fair. It will take place at 4:00 p.m., at the Sonoma County Fairgrounds. Ben Schireson is the coordinator of this event. For more information, contact Ben at 566-2351. Come and support your fellow practitioners!

Instructors'
Keiko:

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

Assistants'
Keiko:

The next assistants' keiko will be on Sunday, July 14th, at 8:00 a.m., led by Jim-sensei, at the beach. Bring your bo & bokuto. A potluck will follow, at Jim Sterling's house, 3727 Lawton St. Please contact Mary Helm, 457-1718/331-6254, for suggestions on discussion topics.

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.