



# PACIFIC SHINTAIDO BULLETIN

August, 1991

## GASSHUKU FEEDBACK: Meeting with Life and Death

Master Instructor H.F. Ito's feedback from the exams at the National Gasshuku (held in Massachusetts June 27th through 30th) applies to us all.

The exams for assistant and provisional instructor included Tenshingoso, Eiko dai, and Eiko kumite; during the course of the gasshuku we all did Tenshingoso and Eiko. Tenshingoso expresses the complete life cycle from birth of death, um to um. Eiko means glory, and in it we can express our complete relationship with the universe - beginning, middle, end, love, hate, light, dark, life, death. Both are very pure forms, the bare truth of our essence and our very existence is expressed through these exercises.

According to Master Ito Americans express themselves very brightly, very positively. We strive for brightness but do not like to look at the darkness. We choose to organize, clean up, make everything happy and bright - a Disneyland culture. No struggle with nature to tame it, no confronting pain to work through it, no living with darkness to understand it. We prefer to be nice rather than real.

We do not have a complete understanding of death; our lives certainly include death, but that moment of death is missing from our demonstrations. The matadors of Spain are so graceful and beautiful in their movements, but behind the beauty of their demonstration is the moment of death, always present, around the corner, waiting. Perhaps we prefer to ignore it. The Japanese, and the French have a more desperate quality to their Eiko, perhaps not as pretty, but certainly more real.

Master Ito's advice to us all is to confront the real, not to gloss over it or ignore it; to get to the basics, to meet with life, and death. They are all part of us, whether we acknowledge them or not.

## 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 Robert Gaston		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 in the East Bay:

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.

### Upcoming Special Events:

#### Assistants'

##### Keikos:

The next assistants' keikos will be on Sunday, August 4th, and Sunday, September 8th, at 8:00 a.m., led by Jim-sensei, at the beach. Bring your bo & bokuto. If a potluck/discussion is to follow, you will be contacted with details. Mary Helm, 457-1718/331-6254, coordinates these classes.

#### Instructors'

##### Keikos:

An instructors' keiko will be led by Ito-sensei on Sunday, August 11th, at 7:00 a.m., at the beach. Bring your bo & bokuto. For more information, contact Robert Gaston, 885-5098. After this, the next instructors' keiko will be October 27th.

#### 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 dojo, on Sunday, August 18th. All are welcome. Attire is casual (sweats o.k.).

#### Pacific Shintaido

##### Meeting:

The next PacShin meeting is on Sunday, August 18th, at 9:30 a.m. at Lilia Podziewska's house, 183 Precita, off Army, 647-6968. Pacific Shintaido members are invited to attend: please give your proxy to an attendee if you cannot make it. If your name begins with: **A-D**, bring juice; **E-M**, bring spread for bread; **N-Z**, bring bread. If you are not a member of Pacific Shintaido and wish to attend the meeting, please speak with your instructor.

#### Womens'

##### Keiko:

A keiko for women practitioners of Shintaido will be held on the fourth Sunday of each month. The next keiko is set for Sunday, August 25th, in Golden Gate Park. Meet at 6th Avenue & Fulton at 7:45 a.m. A potluck will follow at Cheryl Williams, 3425 Sacramento, #2, (near Walnut), 441-2111. If your name begins with: **A-D**, bring juice; **E-M**, bring spread for bread; **N-Z**, bring bread. Lilia Podziewska, 647-6968, is coordinating this event; please call her if you would like more information. There is a \$7.00 drop-in fee for this class.

#### Meditation Workshop

##### Preparation Keiko:

On Saturday, September 7th, there will preparatory keiko for registered participants of the Meditation Workshop. Ito-sensei will lead keiko from 7:00 a.m. to 9:00 a.m., at the dojo. For more information, contact Mary Helm, 457-1718, or David Sirgany, 564-4081.

## **M e d i t a t i o n   W o r k s h o p**

A Meditation Workshop, led by Ito-sensei, is scheduled to take place Sunday, September 15th, through Saturday, September 21st. Keiko will be at 5:30 a.m. to 7:00 a.m. Registration flyers have been sent; please contact Mary Helm, 457-1718, or David Sirgany, 564-4081, if you haven't received a flyer and/or would like more information.

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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.