

PACIFIC SHINTAIDO



Pacific Shintaido Bulletin

Vol. I • No. 13 • March 14, 1999

Contributions, please

Please send articles, poems, pictures, information, letters, to the Pacific Shintaido Bulletin, care of:

Stephen Billias
36 El Cerrito Avenue
San Rafael, CA 94901-1959

Next issue in June.

Interview with Jim Sterling

A fascinating question and answer session with Senior Instructor Jim Sterling. See below.

Kangeiko 1999 Exam results

Many people took exams at Kangeiko 1999. The results are posted on page 2.

New Pac Shin Board Plans Changes

A new board of directors has been elected for Pacific Shintaido. Come to the next meeting and hear all about the changes planned for this year. See page 2.

Interview with Jim Sterling

How has the class format changed since you began to practice Shintaido?

The format of the classes I teach is rather traditional and usually follows the kata I have studied from my teachers. The content of my Bo and Karate classes, for the most part, is also based on what has been handed down to me. My experimentation occurs more in Shintaido class that seems to lend itself to more interpretation.

I think one of the most valuable educational aspects of Shintaido is the class kata (format). It serves as an excellent communication vehicle that continues to survive the test of time and transcends individual idiosyncrasies. It contains just the right amount of ritual and format that gives the class its structure.

It also serves as a crucible in which we can feel safe to express ourselves artistically and emotionally.

Has your practice changed since you started Shintaido?

Yes, of course. As I grow older, I appreciate the "healing" aspects of Shintaido. When I was younger, I didn't pay attention to many of the simple/easy movements in Shintaido which are wonderful for older bodies. Also, since I have had a some serious injuries, I value the ways in which I can move my body that helps to relieve the pain.

There is much more I can say about how my practice has changed but I would rather do this at another time.

What's the funniest thing that ever happened to you in a Shintaido class?

I don't remember anything specific but, it must have occurred at a gasshuku or in an exam where Michael was in attendance.

Do you consider Shintaido a Western, Christian form, an Eastern, Buddhist, Shinto form or a synthesis?

I suppose all of these possibilities. Maybe a roughly arranged combination; more of a collage than a synthesis.

As you know, Shintaido is difficult to "pin down" and it is also very iconoclastic. As a result, it seems to

attract people who enjoy seeing the world from many different perspectives and at the same time tend to question these beliefs.

You have spent time with Aoki sensei. What are your impressions of him?

That depends on when I was with him and what we were doing. I remember taking private lessons from him when I was in Japan in the early '80's. His gorei was very exhilarating, almost as if I was riding a wave.

I also remember other times when I completely missed what he was trying to teach (this was not necessarily in a Shintaido class since he is always giving gorei). I felt lost and confused in those years but, later I started to understand his messages.

He has also been very open and receptive and has a wonderful sense of humor.

What advice do you have for someone who wants to teach Shintaido?

Always keep in mind the "Golden Rule" as expressed in the Bible. People want to be taught by you or they would

not be in class. Your students will be as you were as a student.

Who are some of the people who have helped you the most in Shintaido, and why?

Well, Ito and Michael who are my Instructors and have given me what they have learned. Also, people who have acted as my class assistants and take care of many things so I have been able to concentrate on teaching. And of course, my wife, Toni, who takes care of my children and me when I am not teaching. I think some times people forget how important it is to have a partner who supports your involvement in Shintaido. This can be especially difficult if he or she is not so active in keiko.

Do you see yourself practicing Shintaido for the rest of your life, even at eighty or eighty-five years of age? What kind of practice would that be?

I thought you might ask if I will practice after I die. HA HA! Sure. I guess it will be slow with no knee walking.

How do you see Shintaido in the Bay Area? What do you see for the future of Shintaido in the Bay Area?

When you look at the last few years, Shintaido in the Bay Area seems to have been at a low point. But, this is only from a narrow perspective (e.g., how many people are practicing in the dojos).

So, although our numbers have not increased, I feel that we have really matured as a community. We have endured the deaths of members and their families, dealt with serious illness and brought lots of new life into the world over the past few years.

Many groups who share a spiritual practice and even close-knit families can be torn apart by these kind of events. But Shintaido has seemed to mature and grow closer together as a result of these life and death experiences. This is quite an accomplishment!

I am very excited about what I see happening in Shintaido in the Bay Area. There are numerous class offerings now and each teacher shares unique talents. I also see instructors who have caught fire,

which was one of my hopes and goals for 1997 - 1998.

I see the next important step as a process by which our instructor core nurtures a new generation of Shintaido assistants and practitioners. This has already started and I look forward to seeing the light of Shintaido shine throughout the Bay Area.

Thank you, Jim!

New Pac Shin Board

In January at Kangeiko 1999, Pac Shin members elected a new board of directors. The board now comprises Robert Gaston, Tomi Nagai-Rothe, David Sirgany, Stephen Billias, and Lucien Jamey.

Everyone is invited to the next Pac Shin Board meeting, **Sunday, March 21, 1999 at 12:00 noon**, at Stephen and Bela's house. Call Stephen at 459-5803 for directions. We would love to have you there!

Exam Results

Here are the results of the examinations offered at Kangeiko 1999:

Karate

David Sirgany	Shodan
Lucien Jamey	9kyu

Bojutsu

Charles Denefeld	8 kyu
Michael Robbins	8 kyu
Duncan Ewing	10 kyu

Shintaido

Tomi Nagai-Rothe	Instructor
Gianni Rossi	Instructor
John Seaman	Instructor
Florent Neyret	Advanced Student
Michael Robbins	Advanced Student

Congratulations to all those who participated, and thanks to the sensei for their evaluations!

Upcoming Events of Interest:

Celebrate Spring Keiko

Saturday, March 27th, 1999
San Domenico School, 1500 Butterfield Road, San Anselmo, CA
8:30 - 10:00 A.M.

Please come celebrate the arrival of Spring, 1999. Bring your family and friends!! Call 415 454-4749 for more information

...and on the same day...

The Great Shintaido Cook-Off

Who needs a gasshuku to eat great food? You are hereby challenged to bring your absolutely best dish (and lots of it!) to a feast to beat all feasts. Please bring your loved ones as well, and be prepared for any of the following: dancing, board games, charades, playing spoons and general hilarity. Piano and ukelele provided.

Saturday, March 27, 1999 5:30 PM
to ? Location: Home of the Nagai-Rothe Clan, 643 2nd Avenue, San Francisco.
415-221-0463.

Jennifer Peringer's Masters Piano Recital

Come hear one of our very own play works by Bach, Chopin, Debussy, Prokofiev, Diemer, Crumb, and Cage

Friday, April 9, 1999, 7:30 PM
Knuth Creative Arts Bldg., SFSU
1600 Holloway San Francisco
Free - Reception follows
Info: 415-824-0456

Group Leaders Keiko

Sunday, April 25, 1999
San Domenico School, 1500 Butterfield Road, San Anselmo, CA
8:30 - 10:00 A.M.

If you are teaching or planning to teach someday, this keiko is for you!
Call 415 454-4749 for more information.

Third Annual Memorial Day Shintaido Workshop

In Bellingham, Washington.
May 29 -31, 1999. (Early activities begin Friday. The formal start is Saturday at noon. Close at 1:30 PM on Monday)

Join the annual northerly migration for keiko in the Pacific Northwest! This is a good opportunity to meet and

LEARN

SHINTAIDO

A NEW LOOK AT MARTIAL ARTS

SHINTAIDO is a relatively new martial art that was developed in Japan. Although SHINTAIDO techniques can be effectively used as self-defence, its focus is on communication and developing clarity of spirit, rather than competition. People who practice SHINTAIDO say they have found a sense of well being, vitality and increased self-confidence.



Robert Gaston has been a SHINTAIDO Instructor for seven years and has been teaching SHINTAIDO since 1989. Classes are \$6 drop in or by semester. All ages and levels welcome.

The best way to find out what SHINTAIDO can do for you is to give it a try.

Classes held at San Rafael Community Center 618B Street, San Rafael, Phone#415-485-3333

This class is put on thanks to the support of

San Rafael Recreation Department

practice with new people. We will hold 4+ keiko in the Bellingham Parks (weather permitting) and have some great late-night conversations to boot. Be prepared to swap ideas, try out techniques on the living room floor or compare world views in the hot tub. This workshop will be very informal (keiko gi not required). Group leaders are invited to lead portions of the keiko (arranged through John Seaman).

Bellingham is located on Bellingham Bay (North Puget Sound). It is an easy 1.5 hour drive north of Seattle. Vancouver, British Columbia is 1.5 hours north and the beautiful San Juan Islands and Mt. Baker are close by.

This event is free. Each person is responsible for his or her own food, transportation and lodging arrangements. Lodging is available at John and Lee's house (sleeping bags) or at neighboring motels. Rides from and to Seattle can be arranged or you can fly into Bellingham from Seattle.

This event is hosted by John and Lee Seaman of Northwest Shintaido and sponsored by John Seaman and Tomi Nagai-Rothe. For more information contact Tomi at 415-561-2500 x224 (tomi_nagairothe@grove.com) or John at 360-676-8543 (lseaman@nas.com)

New Monday Night Class in San Francisco

Tomi Nagai-Rothe will be taking over Laurence Mourey's Tuesday Night Class and moving to Mondays from 6-7 PM. We look forward to practicing with new and old friends, and to creating a wonderful keiko space. Keiko begins on March 8 at George Washington High School/Richmond Village Beacon (Bldg. T2, upper parking lot, just south of 30th Avenue and Anza) in the Richmond District. This class is free. We hope you can join us! For information contact Peter Avildsen 415-664-7187 or peter@thirdculture.com

Summer Backyard Barbeque

The Third in a Series

If you bring food to barbeque (or eat with the barbeque), we will provide great company, music, conversation and badminton on SATURDAY, JUNE 12, 1999 5:00 PM to 10:00 PM at Peter and Tomi Nagai-Rothe's house in San Francisco.(see address and phone above).

Meditation Workshop for Caregivers

Sponsored by Hospice by the Bay and taught by H.F. Ito, master instructor of Shintaido. **March 27, June 12, September 11 and September 18, 1999** at Rodeo Beach, the Marin Headlands. This event is free. Please call to register: 415-626-5900

Sports Safety Training Workshop

Ito sensei is offering a special workshop this summer. Here are the details.

Date: June 19 + 20 (5 hour session on Saturday, 5 hour session on Sunday)

Location: To be announced in April

Instructor: Captain Nick Craig
Captain Craig has been a senior instructor of the Red Cross since 1980.

Cost: \$150

Concept: Sport Safety Training (SST) Program. SST is advanced first aid training. It is custom-designed for people who supervise athletic activities, so there is more emphasis on sport related first aid than standard first aid. It is designed for coaches, athletic trainers, sports activity supervisors, etc. This training includes Adults CPR, but it replaces the standard first aid course, only.

Number of spaces available: 16

This workshop will be open for the Shintaido instructors & assistants, professional body workers and scuba-divers in the Bay Area.

For more information, please call Ito at 415 387-2702!

Engagement Announcement!

David Sirgany and Deirdre Crowley are engaged! A wedding date will be announced soon. Please join us in congratulating them on their engagement!

Nancy Billias of the East Coast has been translating the sonnets of Rainer Maria Rilke as part of her doctoral dissertation. She sends this one along to us. See how much Shintaido there is in this poem by Rilke!

Your muscles furl, anemone,
open, flex, in the dawnfields, til
washed over by the polyphony
of Heaven's light, gushing into the still

heart of the flower from your womb,
the tensed muscles of infinite reception,
sometimes by fullness so overcome
that the hushing gesture of the setting sun

can scarcely make the rippling leaf-crests
return, surrender themselves again:
Serene and steadfast strength of countless

worlds! By force we can outlast you.
But when, in which life - among how many -
will we open at last, to receive as you do?

Current Class Schedule

Class	Instructor	Date and Time	Place
Advanced Shintaido	James Sterling (contact Robert Gaston at 415 454-4749)	Sundays 8:30am-10:00am	San Domenico School, end of Butterfield Road, San Anselmo
Shintaido	Tomi Nagai-Rothe (contact Peter Avildsen 415-664-7187)	Mondays 6:00pm-7:00pm	George Washington High School 30th and Anza, San Francisco
Shintaido Bôjutsu	Jennifer Peringer (contact Jennifer at 415 824-0456)	Wednesday evenings 6:30pm-8:00pm	St. Mary's Park and Rec Center, 95 Justin Drive, San Francisco
Shintaido	Robert Gaston (415 454-4749)	Wednesdays 5:30pm-6:45pm	San Rafael Comm. Ctr. 415 485-3333
Shintaido Karate	Shin Aoki (contact Shin at 925 284-3318)	Saturdays 8:00am-10:00am	Lake Temescal, Oakland (off route 24) or JFK Univ., Orinda, in case of rain

Pacific Shintaido Phone and E-mail List

Shin Aoki 925-284-3318
 Peter Avildsen 415-664-7187
 Barbara Barnard 415-826-0243
 Sandra Bengtsson 415-454-4749
 Stephen Billias 415-459-5803
 Bela Breslau 415 459-9115
 Connie Borden 415-695-2888
 Michael Buckley 415-331-6254
 Debra Buddie/Lou Meyer 415-381-2965
 Teresa Chung 510-581-9722
 Deirdre Crowley 415-731-9734
 Boni Cruz 415-584-8026
 Porter Davis 415 928-8191
 Bob De Baca 415-552-6864
 Charles Denefeld 415-731-9047
 Juliette Farkouh 408-272-5050
 Robert Gaston 415-454-4749
 Mila Gelman 415-566-0269
 Chris&Mushim/
 Ikeda-Nash 510-428-9198
 Haruyoshi F. Ito 415-387-2702
 Lucien Jamey 415-278-0424
 Rob Kedoin/
 Gail Rossman 650-375-1159
 Daniel Owens 510-482-6346
 Carmen Martinez 510-451-0720
 Steve Marylander 415-584-6624
 Judith MacLaren 650-359-7881
 Jonathan Mensing 415-648-2021
 Sergi Mineyev 510-655-2146
 Laurence Mourey 415-666-3864
 Peter and Tomi
 Nagai-Rothe 415-221-0463
 Roby Newman 415-668-2591
 Pamela Olton 415-668-4989
 David Palmer 415-861-0443
 Jennifer Peringer 415-824-0456
 Gail Rossmann 415-821-7238
 Ben Schiresen 415-566-2351
 Mike Sheets 415-695-2888
 Kazu Shibao 415-584-8026
 David Sirgany 415-731-8229
 Ben Stiegler 510-594-1210
 Lois White 510-526-5254
 Cheryl Williams 415-441-3317
 Brenda Wong 415-343-1676
 Jim and Toni Sterling 415-721-7270
 Kazu Yanagi 415-567-8335

shinaoki@aol.com
 peter@thirdculture.com

RobGaston1@aol.com
 sbillias@pacbell.net
 fax to same number
 71344.303@compuserve.com

loumeyer@pacbell.net

deirdre_crowley@grove.com
 kshibao@aol.com

japoof@aol.com
 RobGaston1@aol.com

Chris's work #: 510-267-0171 ina@dnai.com
 fax 415-221-1810 eikodai@aol.com
 studio@ossesso.com

kedoin@aol.com, Gail_Rossmann@peoplesoft.com

Steve_Marylander@peoplesoft.com

onsite4@aol.com

lmourey@slip.net

tomi_nagairothe@grove.com 415-221-1810 fax
 namwen67@slip.net
 stepto@eworld.com
 Touchpro@compuserve.com

71344.303@compuserve.com
 kshibao@aol.com

ben@synertel.com

JimTech1@aol.com, jrsz@pge.com 415 453-5938 fax

731-9734

