

# PACIFIC SHINTAIDO



Pacific Shintaido Bulletin

Vol. I • No. 15 • September 12, 1999

## Contributions, please

Please send entries to the Pacific Shintaido Bulletin, care of:

Stephen Billias  
36 El Cerrito Avenue  
San Rafael, CA 94901-1959  
Next issue in December.

## Interview with Robert Gaston

Robert Gaston waxes eloquent on Shintaido, family life, being an Instructor, and more. See below.

## Ito workshop and Kangeiko 2000 coming up

Read about upcoming events.  
Plan your schedule! See page 2.

## Tony Hammick Workshop Pictorial

Many wonderful pictures from the July workshop.  
Enjoy!

See pages 3-5

## Interview with Robert Gaston

*This is the third in a series of interviews with Shintaido instructors.*

*You Started your Shintaido while you were still in the military. What was it like to practice Shintaido on a nuclear aircraft carrier?*

Actually I started 9 months before going in the Navy during my freshman year at Eastern Oregon State (LaGrande, OR). It was a bit early in my life for college. I was flunking out. Shintaido and John Seaman were the life preservers that kept me from slipping back into the drug life I had through High School. I joined the Navy as a way to open up my world, about the time I was really starting to get the first something of what Tenshingoso E meant. I wanted to open my world. I just picked a way that wasn't the smartest. Right from boot camp I started practicing Shintaido when I could. I mostly could do stretches, warm-ups and Tenshingoso in boot camp. I made a friend in boot camp, Kris Dirck, whom longtime Bay Area practitioners may remember. By the end of our electronic school in Great Lakes I had a Kumite partner for Tenshingoso. I found ways to go out and do Eiko and occasionally had other Navy friends to practice with and even got back to Eastern Oregon once for a gasshuku with John and Lee. When my ship, the USS Enterprise, was home ported in Alameda

CA, I made contact with Jim Sterling and practiced when in port. While at sea most of my practice was by myself again because our schedules were varied and it was difficult to find any space that more than one person can do any thing big and expansive. I practiced tai kyoku sho, a basic karate kata while on a roving watch among the electronic controls. I did Eiko and toitsukihon on the hanger deck in between the jets being maintained, and I would do tenshingoso on the catwalks and fantail at sunrise or sunset depending on when my free time came.

*What is it like to be in a family where both practice Shintaido? Do you practice together often, and if so, what are the challenges and rewards of kumite (partner practice) with a spouse or significant other?*

This is very difficult question for me. Sandra and I don't often have the "feel good" kumite together. We practice together in Jim's Sunday keiko and she practices on Wednesdays in my class. But we sometimes bring non-Shintaido issues into keiko. It can sometimes be a bit of a battle. But while it can be challenging in keiko, we are both very dedicated to Shintaido, which is helpful to our relationship.

*You have a difficult, emotionally demanding job as a residential counselor*

*for troubled teenagers. What role does Shintaido play in your work there?*

Some of the kids I work with can be violent. I feel I am more aware of my space and safety and of the kids compared with other staff. In almost five years, I have never been hit; most staff don't go a year without being assaulted.

I also listen to bodies as much as words because of Shintaido. Most of the teens can't hide their feelings, thoughts and intentions, it is expressed in their movement.

*Have you had an experience in Shintaido that stands out as a transforming moment for you? If so, can you describe it?*

Early on in my first year in the Northwest and again after getting out of the Navy, I had big experiences. Flashes and images in Eiko a lot, seeing God, and seeing auras on my kumite partners in colored lights. But the longer I practice, the less significant those big experiences are compared to the continued growth and movement and the slow growth of my faith. It's the little insights where I get to laugh at myself or cry that are the most important now.

*You have taught Shintaido for several years. What are some of the areas you focus on with your students, and why?*

Ito once told us in keiko that "if you stop moving on a battlefield, you are dead". This was and still is one of my

studies to understand the level of meaning in this statement.

I see a lot of people stopped or stuck in their personal battles in life. I my work and in my class I try to get people to always be moving. This is evident most in partner practice in people standing still after having done a defense/receive technique and also in their willingness to move their koshi in a movement. But it also applies to all our lives, our thoughts and spirits getting stuck.

*You spend a lot of time reading and studying Christian, Zen Buddhist, and other religious texts. Do you consider yourself a Christian? If so, how do your religious beliefs fit with Shintaido, which also has Christian roots?*

Yes, I emphatically think of myself as a Christian. But that statement is loaded with prejudice in our society and culture. I don't find that in conflict with believing that Buddha existed and many profound techniques and wisdoms have been developed by his followers.

Shintaido for me is my core worship and "enacted prayer" (See John or Lee for an explanation of their term). It is not necessary for those who practice Shintaido to be Christians but for those of us who practice Shintaido who are

Christians, it is an opportunity to express more completely the Word in our lives.

*In your opinion, can a person reach spiritual enlightenment through Shintaido. If so, what would that mean in Shintaido terms?*

I don't know. I haven't. But I do know that one can experience Grace in one's practice of Shintaido. I think it is probably possible, as it is possible in any Do (way).

*[Editor's note: I would like to thank Robert for his honest and inspiring answers to the questions in this interview!]*

## Upcoming Events of Interest:

### KANGEIKO 2000

Happy early Fall! It is already time to think ahead to the New Year and we wanted to share our Pacific Shintaido Kangeiko plans with you.

KANGEIKO will be held locally, in San Francisco, January 15-17, 2000 over the Martin Luther King, Jr. holiday. We will begin on Saturday morning, January 15 and continue to mid-day on January 17, Monday.

We are planning a San Francisco-based gasshuku with a focus on rich keiko and great connections and

conversations. We feel fortunate to have Shin Aoki as our director of instruction.

Group leaders, please reserve time on January 14, Friday for a group leaders/instructors event (details to come). In addition, we will host morning meditation keiko events the week before Kangeiko, January 9 - 13 (so warm up your bokuto!)

If you are coming from outside SF and know someone who has hosted you before (or know someone with whom you'd like to stay) please contact them about housing.

We'll be in touch with more information. Until then, enjoy your keiko! Jennifer Peringer and Tomi Nagai-Rothe, the Kangeiko 2000 gasshuku managers. 415-561-2500 x224).

## OTHER EVENTS OF INTEREST:

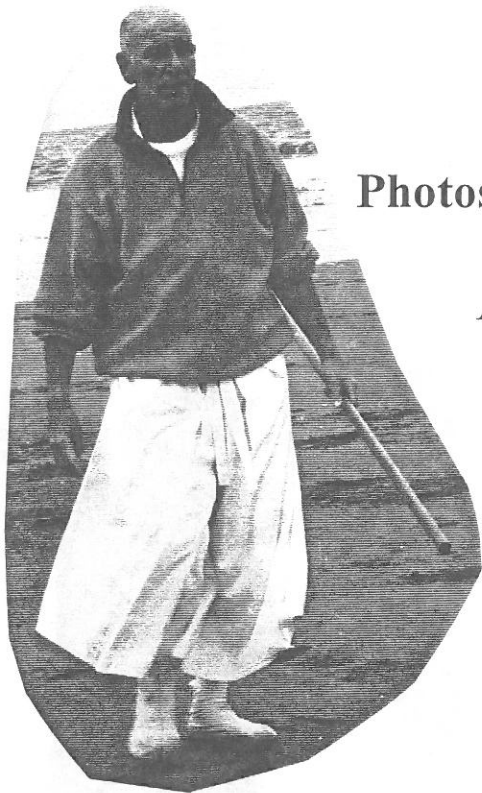
MEDITATION WORKSHOP FOR CAREGIVERS sponsored by Hospice by the Bay and taught by H.F. Ito, master instructor of Shintaido.

SEPTEMBER 18, 1999 at Rodeo Beach, the Marin Headlands. This event is free.

Please call to register: 415-626-5900

## Current Class Schedule

Class	Instructor	Date and Time	Place
Advanced Shintaido	James Sterling (call Robert Gaston at 415 454-4749)	Sundays 8:30am-10:00am	San Domenico School, end of Butterfield Road, San Anselmo
Shintaido	Tomi Nagai-Rothe (call Tomi at 415 221-0463)	Mondays 6:00pm-7:00pm	George Washington High School 30th and Anza, San Francisco
Shintaido Bôjutsu	Jennifer Peringer (call Jennifer at 415 586-1177)	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 (call Shin at 925 284-3318)	Saturdays 8:00am-10:00am	Lake Temescal, Oakland (off route 24) or JFK Univ., Orinda, in case of rain
Shintaido	Stephen Billias (call Stephen at 415 459-5803)	Saturdays 8:30-10:00 A.M. September 18-November 6, 1999	Rincon Valley Community Center Montecito Blvd. Santa Rosa



Photos from the TonyHammick Workshop  
7/31-8/1/1999

*Listening to Shintaido: Zanshin*

Tony Teaching



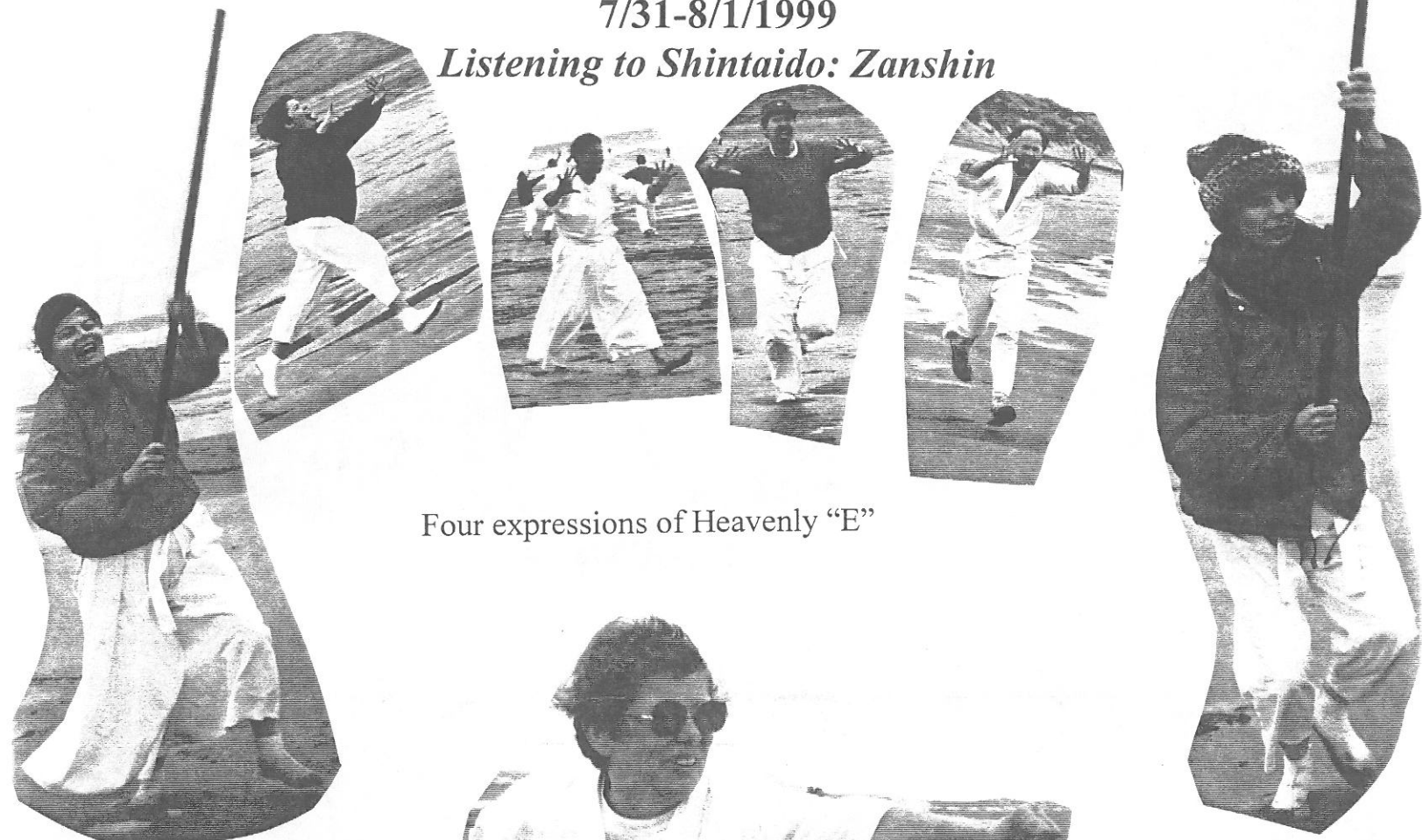
"We few, we happy few..."





More photos from the Tony Hammick Workshop  
7/31-8/1/1999

*Listening to Shintaido: Zanshin*



Four expressions of Heavenly "E"

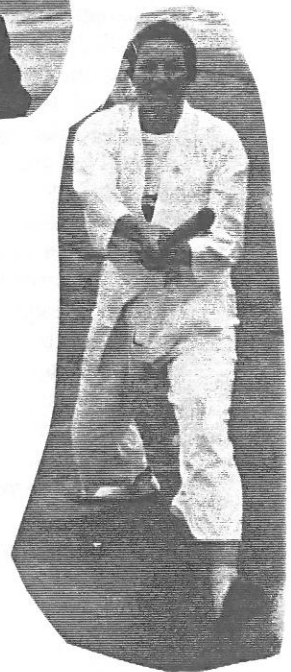
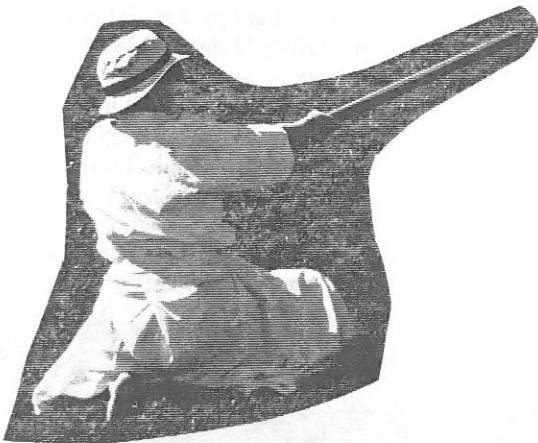


Tsuki and stick movement

More photos from the Tony Hammick Workshop  
7/31-8/1/1999

*Listening to Shintaido: Zanshin*

Tenso



# Pacific Shintaido Phone and E-mail List

Shin Aoki	925-284-3318	shinaoki@aol.com	
Peter Avildsen	415-664-7187	peter@thirdculture.com	
Barbara Barnard	415-826-0243		
Sandra Bengtsson	415-454-4749	RobGaston1@aol.com	
Stephen Billias	415-459-5803	sbillias@pacbell.net	
Bela Breslau	415-459-9115	fax to same number	
Connie Borden	415-695-2888	71344.303@compuserve.com	
Michael Buckley	415-331-6254		
Debra Buddie/Lou Meyer	415-381-2965	loumeyer@pacbell.net	
Deirdre Crowley	415-731-9734	deirdre_crowley@grove.com	
Boni Cruz	415-584-8026	kshibao@aol.com	
Porter Davis	415-928-8191		
Bob De Baca	415-552-6864		
Charles Denefeld	415-731-9047		
Juliette Farkouh	408-272-5050	japoof@aol.com	
Robert Gaston	415-454-4749	RobGaston1@aol.com	
Mila Gelman	415-566-0269		
Robin Hathaway	510-524-1381		
Chris&Mushim/			
Ikedai-Nash	510-428-9198	Chris's work #: 510-267-0171	ina@dnai.com
Haruyoshi F. Ito	415-387-2702	fax 415-221-1810	eikodai@aol.com
Lucien Jamey	415-278-0424	studio@ossesso.com	
Rob Kedoin/			
Gail Rossman	650-375-1159	kedoin@aol.com, Gail_Rossmann@peoplesoft.com	
Daniel Owens	510-482-6346		
Carmen Martinez	510-451-0720		
Steve Marylander	415-584-6624	Steve_Marylander@peoplesoft.com	
Judith MacLaren	650-359-7881		
Jonathan Mensing	415-648-2021	onsite4@aol.com	
Sergi Mineyev	510-655-2146		
Laurence Mourey	415-666-3864	lmourey@slip.net	
Peter and Tomi			
Nagai-Rothe	415-221-0463	tomi_nagairothe@grove.com	415-221-1810 fax
Roby Newman	415-668-2591	namwen67@slip.net	
Pamela Olton	415-668-4989	stepto@eworld.com	
David Palmer	415-861-0443	Touchpro@compuserve.com	
Jennifer Peringer	415-824-0456		
Derk Richardson	510-658-8585		
Ben Schiresen	415-566-2351		
Mike Sheets	415-695-2888	71344.303@compuserve.com	
Kazu Shibao	415-584-8026	kshibao@aol.com	
David Sirgany	415-731-8229	sirgany3@aol.com	
Ben Stiegler	510-594-1210	ben@synertel.com	
Lois White	510-526-5254		
Cheryl Williams	415-441-3317		
Brenda Wong	415-343-1676		
Jim and Toni Sterling	415-721-7270	JimTech1@aol.com, jrsz@pge.com	415-453-5938 fax
Kazu Yanagi	415-567-8335		

