

PACIFIC SHINTAIDO



Pacific Shintaido Bulletin

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Contributions, please

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

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Next issue in March, 2000.

Interview with Shin Aoki

Shin Aoki talks of Shintaido, living in the USA, and more. See below.

Kangeiko 2000!

Its' almost time for our winter practice. Preparations are well underway for a great event! See page 2.

Ito Workshop Pictorial

Pictures from the October workshop!

See pages 3-5.

Interview with Shin Aoki

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

You came to the United States as a very young man. Tell us a little about what it's been like to live here, learn the language and customs, and practice Shintaido with Americans.

I came to the U.S. in 1988 to study healing arts. Although everything I found here was so foreign and challenging for me, I felt very little depression, culture shock or isolation, feelings that many foreigners experience. As a matter of fact, thanks to Shintaido, I had a clear focus of my personal goals through regular keiko, and was always invited for numerous gatherings at which I learned my new adopted culture, language and ways to interact with people.

What is Shintaido? Seriously, please tell us in your own words.

Shintaido is a body movement that allows us to rediscover our connections with self, people, nature and the spiritual world. Shintaido aims to develop personal growth and community spirit through harmonizing traditional and free form practice.

What is your first memory of Shintaido?

I was very young. I only remember that it was a big part of my family life since our family vacation had always been a gasshuku at either Kujukuri Beach or Mount Asama. Growing up in a big city, I thought Shintaido was an event that always took place in a natural setting. Indeed, Shintaido was my extended family, my big brothers and big sisters. Also, it was a unique opportunity to meet many gaijin-san, or foreigners.

What's it like to be the son of a famous father? Has it made your practice of Shintaido easier or more difficult?

Being a son of the founder became difficult for me only after I started Shintaido; it created the paradox of my being expected to walk in famous footsteps while at the same time the art itself gave me the exhilarating experience of ultimate freedom. Also, I was frequently disappointed by the comments of others implying that all my achievements in keiko resulted from my having inherited some sort of superior genes. Over the years, I have learned to enjoy keiko for my own fulfillment, and to freely experiment to satisfy my own curiosity. Fortunately, many Shintaido friends have been sensitive, understanding, supportive and have made it possible for me to do this.

Can you describe the differences in Shintaido practice between American and Japanese groups?

I was not involved in the organizational part of Japanese Shintaido, and didn't have much opportunity to see various group dynamics. The major difference in keiko, however, was the availability of dojo. In Japan, most keikos that I attended took place on either hard asphalt, brick surfaces, or in cluttered classrooms. There was a special emphasis on developing an awareness of each specific practicing space. For example, practicing on a hard surface persuaded me to roll softly so the roll wouldn't hurt as much!

How have your chosen profession of chiropractor and Shintaido intersected? Do you use the techniques from one practice in the other? If so, how?

In the clinic, patients are often nervous, frustrated or angry as they experience physical pain and mental stress. Yoki-kei practice helps me to be a good observer, recognizing subtle changes in a patient's emotions. Kaiho-kei and irimi practice, on the other hand, help me to speak to them assertively and to take control when appropriate. Also, keiko helps me develop my treatment skills - especially bojutsu keiko (No, I don't use my boh for a spinal adjustment!)

Treating a deep part of the body through layers of muscles is remarkably similar to what we attempt to do in kumibo - learning to communicate with distant partners through one's boh. My understanding of human anatomy provides an additional support in giving gorei - especially when my intuitive senses are in repose. It also gives me some level of confidence to act knowledgeably in case of emergency during keiko. I hope I won't encounter such a situation, though, knock on wood.

I've heard that you have some ideas about how Shintaido can be compared to music. Jennifer Peringer talked about this in her interview a couple of issues ago. What would you like to say about how music can be a metaphor for Shintaido?

I merely use music as a study aid for my own keiko. When I practice kata, for instance, I throw some music in. Imagining a powerful piece of music and experiencing it through my body during the kata movement is almost as powerful as emitting a loud kiai. Besides music, I also use previously encountered visual experiences, such as a magnificent view from the top of a mountain, hot sunlight in summer, or the ice-cold water of a fast-running creek, etc. Experiencing various images and music within the body helps me to maintain my kokyu, without interrupting the continuum of concentration.

KANGEIKO 2000

Pacific Shintaido Kangeiko 2000:
A Winter Shintaido Gathering
January 15 — 17, 2000

We hope you can join us for Kangeiko 2000 — our winter Shintaido gathering. We expect guests from across the United States and possibly as far away as Quebec, Canada and Tokyo, Japan. It will be a wonderful opportunity to practice with new faces and new bodies. The focus will be on sword work (bokuto). (If you plan to come, please speak to your instructor about preparations for participation.) We look forward to seeing you in January! For additional information about Kangeiko, please contact:

Jennifer Peringer 415-824-0456
jperinger@earthlink.net
or

Tomi Nagai-Rothe 415-221-0463
fax 415-2211810
tomi_nagairothe@grove.com

PRE-KANGEIKO EVENT:

A day for instructors and group leaders, including two keiko, a meal and discussion, is planned on **Friday, January 14**, 10:00 am to 4:00 PM. Please contact Eva Thaddeus for more information. 505-266-9646 (Albuquerque, NM) or evathad@usa.net

Other Events Of Interest:

Pre-Kangeiko Exam Practice

Anyone who is taking exams may come to Jim Sterling's keiko on **Sunday morning, December 19th**, at San Domenico School. The class will be devoted to practicing for exams. Come test for the test!

Pac Shin General Meeting

Big pow-pow! Truth sticks! Beer bust! Drumming (okay, maybe no drumming!) Come tell us what Shintaido should be and do in the new millennium! Participate in the birth of a new spirit in the Bay Area, or maybe not. It's up to you. **Sunday, January 30th**, at **11:00 A.M.**, at Stephen and Bela's house after Sunday keiko.

Pac Shin board meeting

Following the vision quest, get down to the nitty-gritty. Make it happen. Only you can do it. **Sunday, February 13th**, at **11:00 A.M.**, at Stephen and Bela's house after Sunday keiko.

Shintaido International 2000

Brochures have been distributed about Haguro 2000, the next Shintaido International Gasshuku, in Japan in May of 2000.

The brochure is very comprehensive and contains all the necessary details. Please note three important points.

1. The early registration deadline is December 25, 1999.
2. Please send your payment via postal money order or wire transfer. The addresses and account numbers are included on page five under, Method of Payment.
3. If you have any questions, please contact the Haguro 2000 committee via email, phone or fax. This information appears on the bottom of the cover page.

If you need a brochure, please contact Jim Sterling at 415 721-7270.

Message from Jim Sterling

Ever since I was young man and first saw Stanley Kubrick's masterpiece *2001: A Space Odyssey*, I have always been much more eager to greet the dawning of that year than the year 2000. Also, Y2K+1 will see Shintaido in America reach the age of 25. So, let's get through all the hoopla surrounding the year 2000 and look forward to a really significant date.

This year (1999) has been a time for our practice to become deeper and find a solid footing. Many of us were initially attracted to the effervescence and excitement of keiko; the expansiveness that accompanied our first big "opening up." An open feeling continues to be an essential aspect of practice but what I have seen recently is a joyful acceptance of Shintaido as an integral part of our lives, akin to eating a good meal or watching our children sleep in their beds at night. I know that Tony Hammick and his family were impressed by how we integrate Shintaido into our everyday lives and as a result he has started to teach again.

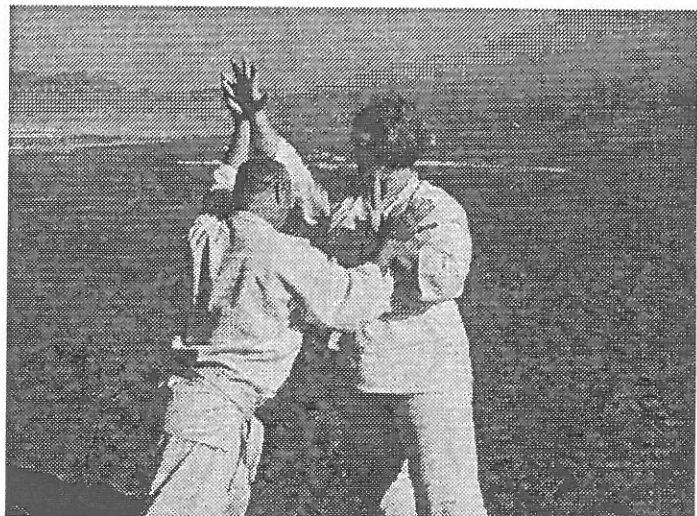
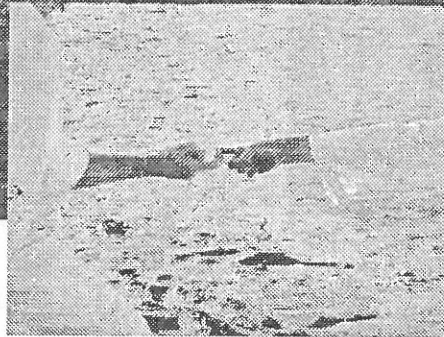
Making practice part one's life is an aspiration of many seekers. It is a realization that I have seen occur as our instructors mature, grow more confident and see themselves as teachers of Shintaido. I am reminded of a conversation that I had with Aoki Sensei about 10 years ago. I mentioned to him how disappointed I was that Shintaido wasn't flourishing in the USA and I wondered what more I could do to help it grow. He smiled and said not to worry, because by now I had so much Shintaido in my body that it would naturally, almost unwillingly be transmitted to others. He used the analogy of an electric spark that arcs across space and time.

This year as I read the interviews in the bulletin and hear comments from the instructors like, "Sorry, I can't make it on that day, I'm giving gorei." or "I really feel as if I am getting better at this," or "I can't imagine myself not teaching," I have great hope for the future of Shintaido. Let's see lots of electricity in the air! See you all at Kangeiko. *jrs*

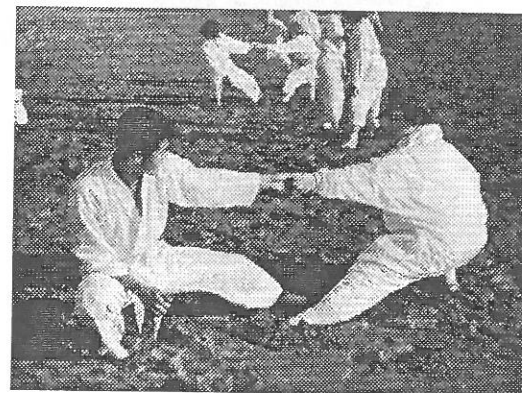
Ito workshop photos, October 9, 1999

New Tenshingoso Teaching Arrangement

Photos by Ray Eisenberg



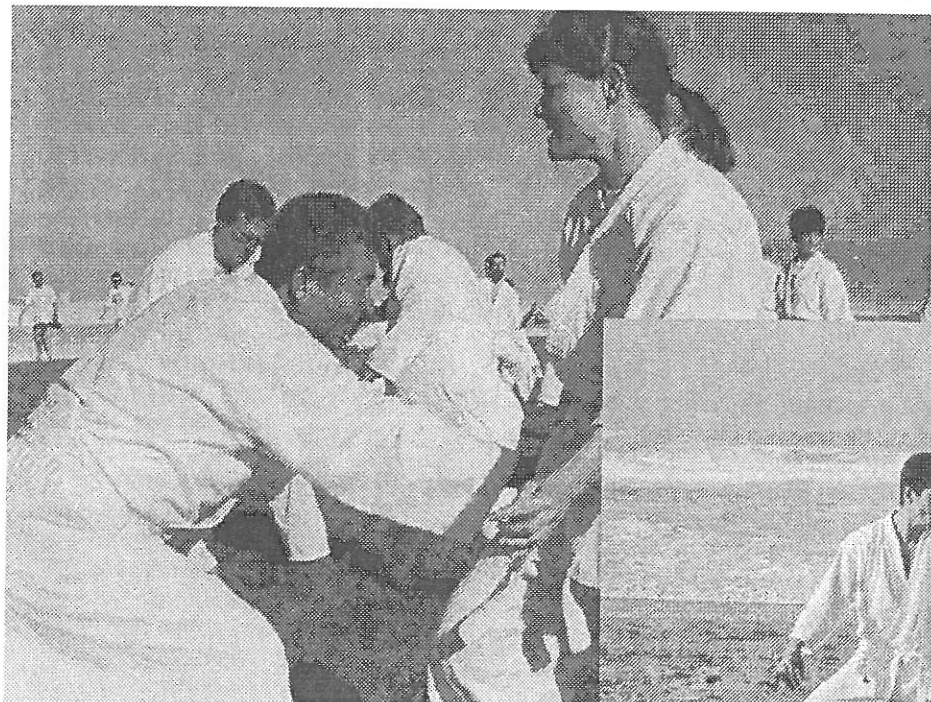
More Ito workshop photos!



Current Class Schedule

Note the change in location for the winter for Shin Aoki's class and Stephen Billias' class.

Class	Instructor	Date and Time	Place
Advanced Shintaido	James Sterling (call Stephen Billias at 415 459-5803))	Sundays 8:30am-10:00am	to be determined
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	December - "Lincoln Recreation Center" (10th & Harrison, Oakland) January to March - "Berkeley Adult School" (University & Curtis, Berkeley) BART available for both locations. The above locations are used regardless of weather. Lake Temescal and JFK won't be used until the end of March.
Shintaido	Stephen Billias (call Stephen at 415 459-5803)	Saturdays 8:00 – 9:30 A.M. January 8 – February 26, 2000 (except January 15)	Honshin Kan Martial Arts, 51 Middle Rincon Road at Route 12, Santa Rosa



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