

SHINTAIDO

REPORT EUROPEAN WORKSHOP

ESC AUTUMN HIGH

HRAD NECTINY - Czech Republic - NOV. 2013

Guest Instructor: H.F. Ito

Assistant Instructor: Masashi Minagawa

Organizing Instructor: David Franklin

Assistant Organizer: Jan Ruzicka

Organizing Group: Shintaïdo Ceska Republika, Radka Janouskova, Michal Slivka

European Technical Committee: Charles Burns, Ula Chambers, Alain Chevet, Clélie Dudon, David Franklin, Mieko Hirano, Georg Müller, Akihiro Nishida , Pierre Quettier, Giovanni Rossi

SHINTAÏDO KENJUTSU DAÏ TENSHINGOSO MEETS THE WAY OF THE SWORD



Thursday 31 October 2013

2 keikos ETC

Wednesday, the 1st November 2013

1 keiko ETC / examens ESC



Saturday, the 2nd of November 2013

Taimyo kata

Anne-Gabrielle Gillet

Morning keiko

Tenshin-juso:

- rub knees, shinbones, ankles, toes (all), calves, knees (say hi!)
- squat, hands behind the knees, stuck between calves and thighs, shift body weight from one foot to the other
- rotate knees outwards, inwards
- small kicks with foot forwards, then with heels $\frac{3}{4}$ backwards, then inwards soles looking up
- whole body alternance yokitai-kaihotai, front-back, type wakame
- then A-O with muso arms and strong sighs
- long explanation of O and the universe, association with the ritual and memory of the dead
- aozora taïso very muso, thought of the dead, ending long UM
- (a) Paul Gaugin exercise : arm in crawling motion, reach past behind and future in front follow with eyesight et stay tenshin jin
- (b) Wakame Matrix : same in revert motion, from future to past
- (c) absorption, yokitai body, pull from front and bringing to koshi, alternate right-left, as a fisherman pulling net

Practice:

- Nanmi no Tsuzumi : step exercise, forward-backward, diagonal forward-backward, sides, 1/2 circle right-left in front, continuous walking, hands muso accompany the motion as with a bokuto
- same in all directions, the whole group cross, then get closer and closer
- renki- kumite (kohan way) in fudo dachi wrist-to-wrist, musoken, tenshinjin axis, eyesight follows, include exercises a-b-c from warming-up
- same partner with steps (include step exercise), then with 2nd partner

- Kenjo-jutsu/ Shoden no Kata : tenshingosho 1 hand muso, then with bokuto 1 hand with steps, A going backward (daï jodan), E going forward (jodan kiri harai), I (tsuki) going backward, O going forward (gedan parallel to the ground)
- 2 groups face to face like ocean motion or breath of the universe, 1st group does kata continuously right-left, 2nd group receives, absorbs-advances
- same switching roles
- demonstration ito & minagawa, transposition of the exercise past-future with jos, attack jodan reception muso
- seiza, individual wakame

Afternoon keiko:

Warming-up :

- sitting on the floor, one leg stretched the other folded, heel pubis, body leaning forward without lifting bottom, then butt follows, right/left
- same with forearms on the ground, one heel under bottom, right/left
- same bringing belly to the ground, right/left
- still sitting, one leg folded forward knee on the ground, the other folded backward, both hands on the ground alongside the leg which is folded forward, twist upper-body, look further backward, moving hands together with eyesight, right/left
- butterfly position, hands holding feet, lean from side to side bringing elbow to the ground
- same bringing one arm overhead, hand muso, looking up, stretching right/left
- lying on the back, shake feet and hands in the air
- arms on the ground, knees above breast, kick feet right/left
- knees together to the side right/left, several times
- all the body roll on the floor to the right then to the left
- calm down, sit up

Practice :

- standing, draw symbol of infinity with hands
- same bigger, like A&E (jodan) then in reverse I&O (gedan)
- same in motion, A going back, E going forward, then I going back, O going forward
- same in kihon with bokuto
- kumite with hands, one attacks jodan (AE), other receives gedan (IO) sagari-irimi, change partners
- same with bokuto, (Renko) one attacks jodan (AE), other receives gedan (IO) sagari-irimi, change partners
- demonstration ito minagawa, reception I&O attacks jodan-chudan-gedan
- all in circle, holding waists, lean forward um, open to sky A
- seiza, rei



Sunday the 3rd of November 2013

Taimyo kata

Jean-Louis de Gandt

Morning keiko

Warming-up:

- rub knees
- sitting legs spread, then one leg folded inwards, upper body leans forward/backward
- massage session by pairs:

sitting: butterfly position, partner applies pressure on the trapezius muscles, palm pressure along the spine, pulls one arm on the side while with the other hand shiatsu on the hollowed shoulder, the relaxes and stretches the arm upwards three times, then wraps the arm around the neck by bringing the hand to opposite side, strumming shoulder with other hand, wrist relax, then brings hand behind the neck and stretches the arm by bringing folded arm backward

lying down: partner grabs a heel and stretches one leg then the other, one hand on the knee, lifts the stretched leg and stretches, one hand on the knee, while bringing toes toward shinbone, release the legs then takes both together to relax body forward/backward, then on the side, takes one arm ,stretches towards the exterior perpendicularly to the body, without letting go of the hand goes to the other side of the body and stretches-releases the arm inwards perpendicularly to the body, same diagonally towards the hip

- back to back, stretching exercise A-UM, lotus butterfly, then legs spread, then in seiza

Practice:

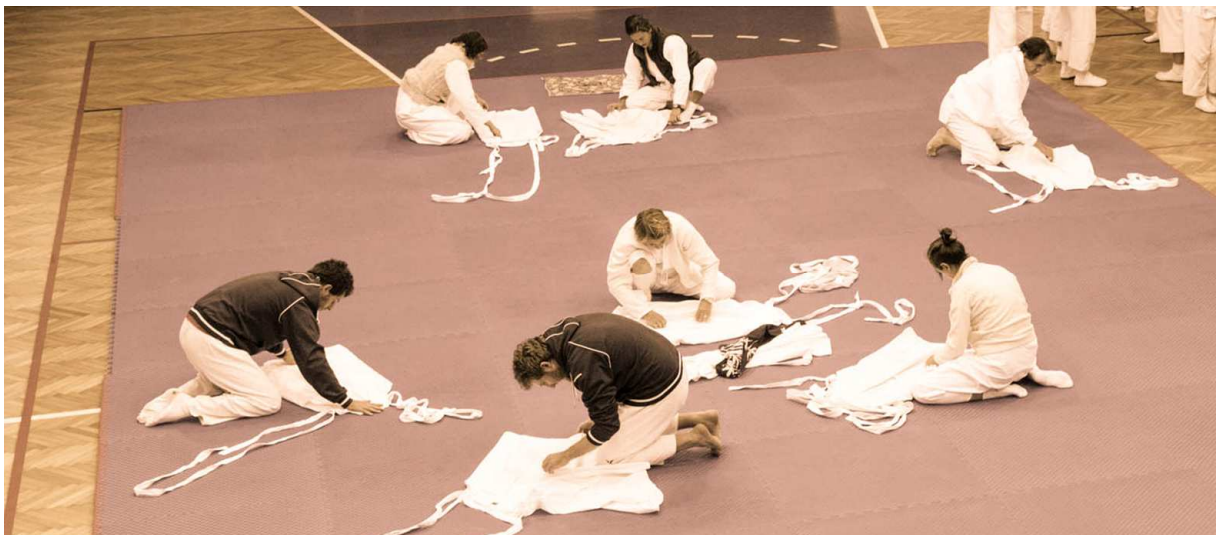
- toitsu kihon, jodan forward then backward, then chudan forward-backward
- 2 times jodan and 2 times chudan forward, then same going backwards
- same in kumite, 4 dai jodan vs 2 jodan then 2 chudan, going forward then backward
- then Jiyu-Kumitachi : dai jodan vs jodan-chudan-kusanagi (3b)

Practice ETC (Mitori geiko for the others) :

- then dai jodan vs jodan-chudan-kusanagi (3b)
- then dai jodan vs jodan-chudan-jodan kiri arai
- then dai jodan vs yon kajo (4b)
- then dai jodan vs fire hose-free cuts
- all in circle, holding waists, lean forward um, open to sky A
- seiza, rei



Closing ceremony – delivery of diplomas



Thanks

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