



Dear practitioners at the Semi-International Gasshuku held in Tirrenia (Pisa) from October 31st to November 4th 2018, we are pleased to send you the report on the content of keiko.

Keiko report

As a reminder, the theme of this Gasshuku was:

Is Shintaido a holistic body movement art?

TOITSU TAI

統一 体

1st keiko, Friday afternoon November 2nd: Giovanni Rossi sensei, keiko of Shintaido.

Giovanni Rossi sensei, first recalls his idea to teach, during this Gasshuku, the four disciplines of Shintaido: karate, bojutsu, shintaido and kenjutsu. So each participant can feel the deep unity that binds these disciplines and that constitutes the heart of Shintaido.

The keiko that Giovanni sensei offers is the one he gave at the request of his friend Joe Zawielski during the last practice before his death.

Beginning of the junbi: hitting the ground with both feet and then with one foot. Movement of hips, koshi against koshi, side by side. Rub your back against the partner like a bear against a tree.

At the end of the junbi: the practitioners are always in a circle, go up to Tenso with sound A, catch something good for yourself in the sky by closing the fist, then integrate it into your body. Make this movement with one hand alternately, then with both hands. Then everyone brings to the center of the circle what he has gathered in the sky and offers it to everyone by opening his hands as if he had sand on his hand and he wanted to make it fall down, do not keep anything for yourself. Make this movement with one hand alternately, then with both hands.

Roll on the floor with the idea of covering up, filling with sand. Then straighten up and, with the same idea of getting rid of this sand but this time in itself, in each cell, perform DAI JO DAN then gradually enlarge until EIKO.

Partner's massage with the flat of the hand, then more and more deeply. Then cut the partner in the back along the axis of his spine, in his center, with one hand and then with both hands. Then cut diagonally in the partner's back with GEDAN. Finally face the partner and cut with the I of TENSINGOSO diagonally. Turn around the partner by cutting it.

AOSORA TAISO (Ao: blue - zora: sky - taiso: exercise)

TENSINGOSO



2nd keiko, Saturday morning November 3rd: Shin Aoki sensei and David Franklin sensei, keiko of Shintaido Karate.

Junbi: David Franklin sensei.

Keiko all together led by Shin Aoki sensei.

Move the hips, alone push with the hand, from bottom to top, from right to left.

Imagine that we have two balls, one in each hip, and roll them either in the same direction or in the opposite direction. Imagine that these two balls are linked together by a stick, they are not independent.

In kumite, the palms of the hand in contact with those of the partner: imagine you place a ball in the center of the partner then roll it from right to left; then change the level and place it at the level of the shoulders, then at the feet of the partner.

Rotate the ball with a circular motion.

Imagine two balls and roll them alternately pushing with one hand and pulling with the other, make a circular motion.

Renki kumite-neriai: knead the energy. At first close to each other explore different thrusts and different directions. In a second time moving on one step: pushing (backward, absorb then pushing forward); pulling (pull back while pulling the partner, then be attracted to him when moving forward).

Separation in two groups.

Shin Aoki sensei teaching:

Make a tsuki slowly, let yourself be pushed by the tsuki like a boat whose prow splits the water, then let the tsuki pass, and then be attracted, sucked like water to the stern of the boat.

Same exercise on 4 times:

- Time 1 short irimi: create the thrust by fetching the tsuki;
- Time 2 long: go back and absorb the tsuki;
- Time 3 short: let the tsuki pass, and be attracted by the flow of energy;
- Time 4 long: push the partner in the back and accompany his race.



David Franklin sensei teaching:

Eiko dai facing the sea.

Tsuki kihon facing the sea and the horizon.

David asked us to do it again, in “concentrated” mode and bring a lot of presence in our gesture and to be in touch with this magnificent environment, the horizon, the land, the sea and the light.

We made and redraw tsuki lines trying to catch the light and especially by fixing these points of light in 3 specific points of our body: the hip, the center of the belly (*hara*) and inside the palm of the hand.



And also to look far away on the horizon, sets a chosen point before.



3rd keiko, Saturday afternoon November 3rd: Alain Chevet sensei, Georg Müller sensei, Stephan Seddiki sensei and Christine Gov sensei, keiko of Shintaido Bojutsu.

Junbi: Georg Müller sensei.

Keiko all together, lead by Alain Chevet sensei.

Moving the hips, in the same feeling developed by Shin Aoki sensei during morning keiko, holding the bo horizontally at the level of koshi.

FURI AGE: rotate the bo around you at the shoulders level, by holding it with both hands at one end.

Same movement, then spiral up gradually to tenso, slowly back down to shoko.

Absorb an attack in the feeling developed by Shin Aoki sensei in the morning, then let the attack pass and push the partner in the back.

Separation into three groups.

Alain Chevet sensei: NERIAI on jodan uchi-komi.

Try other points of contact of the bo, more towards the center than usual, to perceive the effect that it causes, but staying in high level.

Same thing but just keep the contact in the middle of the bo, then do neriiai in the wakame feeling.

Attack indifferently on one side or the other, while being in the center of the partner. Imagining a ball in the center of the partner and makes it move.

Classic Neriai with the four beats developed by Shin Aoki at the end of the morning keiko: irimi, absorb, be attracted and then push.

NAGE WAZA: absorb the attack, then, at the end of the attack of the partner, align the bo in parallel, koshi against koshi, raise the front of the bo, then cut the partner in his center by pushing down and towards the back.

Georg Müller sensei: NERIAI

Jodan uchi-komi alone.

In kumibo: jodan / jodan without moving, in the feeling renki; cut in the partner's center. Mochikae and change side.

Jodan / jodan by moving the front foot from right to left; then moving the back foot from right to left. Keep the contact of the bo.

Attack on jodan, let pass with the bo horizontally at the level of the basin (dito Shin Aoki sensei in the morning), then follow the partner in the back.

Absorb an jodan attack in jodan and accompany projecting to the end.

NERIAI.

Stephan Seddiki sensei and Christine Gov sensei:

Mochikae learning.

Jodan uchi-komi.

Neriai: moving back foot, moving forward foot.

Neriai free movement.

Demonstration by each group.

Short practice of all together.

Furi Age looking the setting sun.

Tenso-shoko.





Practice, Sunday morning November 4th: Fugaku Ito Sensei, keiko of Meditation.

Sitting on a chair, small heating of the joints with small massage to the level of the feet.

Work on the sound O / U / A, mixing the sounds, then E / I.

Taimyo first part on the chair.

Work shift step 3 and 4.

Taimyo in static then with step.

4th keiko, Sunday morning November 4th: Pierre Quettier sensei, keiko of Shintaido Kenjutsu.

Junbi: Ula Chambers sensei.

Keiko: Tachi jump.

Vertical jump on the spot by lowering the koshi as much as possible.

New stretches, koshi rotation, leg stretches:

- moving wakame-taiso as if a seaweed carrying a weighing stone;
- In-Yo Ittai: absorb and push the bokuto held vertically (follow the bokuto): forward / backward, right / left / diagonally, in all directions.

Absorb and push the bokuto is vertically (follow the bokuto): forward / backward; right / left; diagonally; in all directions ushiro-e.

Make a tsuki in the flow, in the flow of energy.

Tenso, then down the bokuto horizontally to unify and make a tsuki.

Jissen kumitachi N° 20 back to the partner, MUGEN:

- First step: let yourself push in the back, then open a window and rotate (relax to feel the attack in the back);
- Second step: try to feel the energy flow of the tsuki before the impact (be relaxed to feel the intention of the partner), then rotate and accompany the partner behind his back.

Demonstration by ITC members of mugen and various Jissen kumitachi.



Kugiri-geiko (divided study) of the first half of the first kata of the Hagakure cycle: Shoden no kata.

First only with hands: cut left jodan uchi harai, following the cut with eyes. Then double cut: left jodan uchi harai, right chudan uchi harai turning at 180°. Link left jodan uchi harai; right chudan uchi harai turning 180°, then right jodan uchi harai. Following the cuts with eyes.

Same thing with the bokuto by completing the horizontal bar of the H of the kata: take sword out, cut with left chudan and turn on right 90°; left jodan kiri harai; right chudan kiri harai turning 180°; right jodan kiri harai; left chudan kiri harai rotating 180°; left jodan kiri harai etc...

String the horizontal bar and the vertical bar of the H: draw the sword in left chudan kiri harai by turning 90° to the right; then left jodan kiri harai; right chudan kiri harai turning 180°; right jodan kiri harai; left chudan kiri harai turning only 90°; make 3 jodan kiri komi (left, right, left).

Complete Kata: repeat the above sequence and then after the three jodan kiri komi do the horizontal high bar of the H: rotate 270° cutting left chudan uchi harai, then left jodan kiri harai; right chudan kiri harai turning 180°; right jodan kiri harai; left chudan kiri harai turning only 90°; string 3 jodan kiri komi (left, right, left *) and finish once with the horizontal low bar of H.

** Note: This is a simplification of the kata which provides in its exact form: three gedan uchi harai instead of the three jodan uchi komi.*



General feedback on the exams by Ito sensei. Three points to improve:

- The process of the senior examination of Shintaido must be clearly visible: renki; hikari then wakame;
- Rei: it must be deep and must show the presence and total involvement of the participant in the kata, kumite and more generally the keiko;
- Uchite attacks were too weak (demonstration with Shigeru and Marc).

Demonstration by Pierre, with a shinken (real sword), of the three sword kata which constitutes the Hagakure cycle: Shoden no Kata; Chuden no Kata and Okuden no Kata.

Closing keiko by Masashi Minagawa sensei.

Typing feet while walking.

Tenshingosō sei.

Tenshingosō dai (typing feet while walking).

Thanks from the group of organizers by a great Eiko dai.

Diamond Eight Cut with bare hands.



Many thanks to all the participants, the organizers and the three Doshu!

