

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.

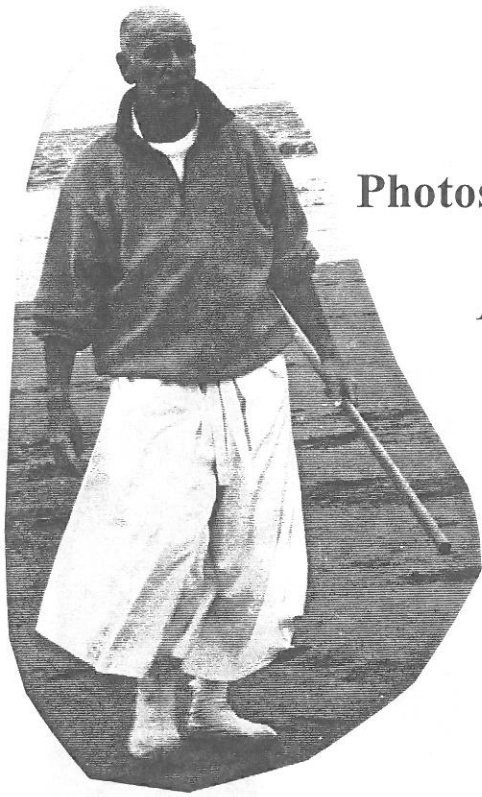
Please call to register: 415-626-5900

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 Tony Hammick Workshop
7/31-8/1/1999

Listening to Shintaido: Zanshin



Tony Teaching



"We few, we happy few..."



SHINTAIDO

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

Listening to Shintaido: Zanshin



Four expressions of Heavenly "E"

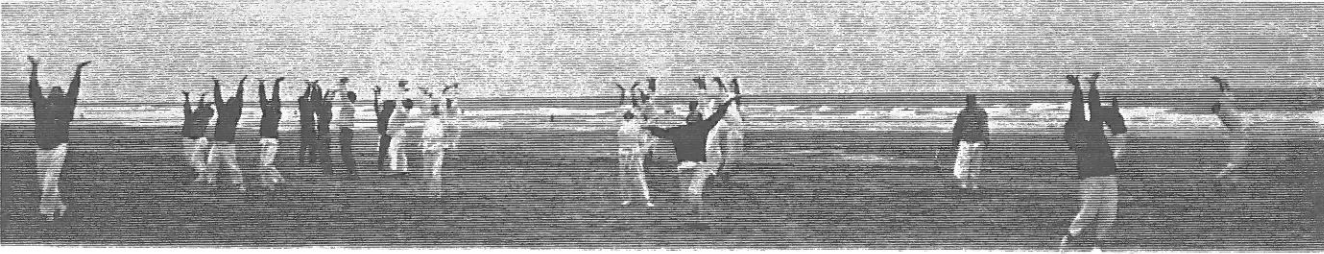
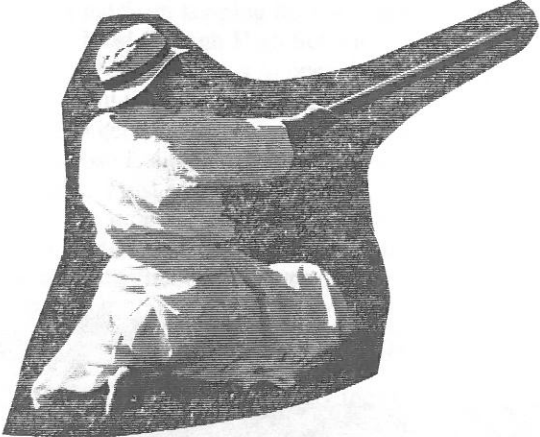
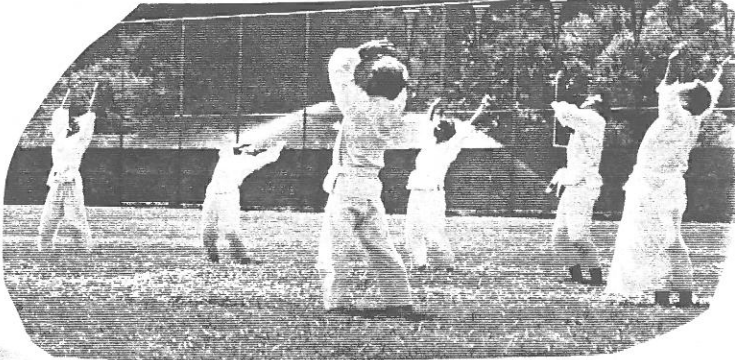


Tsuki and stick movement

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

Listening to Shintaido: Zanshin

Tenso



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