

# Shintaïdo Gasshuku in Wipperfürth, Germany

September 25/26, 2010.

Teaching by Haruyoshi F. Ito

## Saturday morning:

- Gasshuku opening
- Jumbi taïso with Bo (led by Jean-Louis de Gandt)
  
- Tenshin juso ho arrangements
  - Hold Bo horizontally ; push Bo forward, then raise into tenso, then self cut
    - Feeling of a circle, like a wave
  - Same but in the other direction: Start by pulling the Bo up close to your chest, all the way up to tenso, then push the Bo forward, then pull the Bo back to you hara
    - Same feeling of circle like a wave, in the other direction
  - Same two techniques to the right (45 degrees), then to the left (45 degrees)
  
- Wakame taïso with Bo
  - Receiving partner hold Bo horizontally
  - Other partner working on any direction
  - Same wakame feeling as with naked hands
  
- Toitsukihon kumite
  - One Bo only
    - Receiving partner has both hands on top of the Bo
    - Cutting partner has his hands outside of the receiving partner's hands
  - Cutting partner does Dai Jodan, Jodan, Chudan, Gedan, any order
  
- Toate, ABC timing
  - See last section of the report for a summary of Ito sensei's remarks on Toate and ABC timing throughout the Gasshuku
  - Tsuki kumite:
    - One partner does tsuki
    - Other partner receives by moving out slightly aside of the direction of the tsuki and let it pass by; receiving partner should not stand facing the income tsuki but rather offering one side of his body, and step back turning 180 degrees letting the tsuki pass by
    - Then same exercise, but receiving partner receives the tsuki in his hand (tsuki with right hand received with right hand); same body and feet movements.
    - At this stage, the focus is on timing B
  - Renko kumite
    - One partner does continuous (kamikaze) tsuki

- Receiving partner anticipates tsuki and moves out of tsuki direction (timing B), then stays close to attacking partner, anticipating the next tsuki before the attacking partner has even turned (timing A).
- Sotai
  - See detailed document distributed during the Gasshuku for an introduction of the Sotai philosophy and approach
  - 2 examples were demonstrated by Ito sensei and practiced by participants:
    - Power walk (pushing one's heels forward); which side is easier? Work on "easy" side to improve "difficult" side i.e. provide resistance to the working partner pushing his heel forward on the easy side, and let go after a few seconds; this naturally causes the other side to expand. (This is also described in the Sotai document).
    - Metronome: Lying on your back, knees up, feet flat on the ground; move your knees right then left down to the floor keeping your feet together. Which side is easier? Work on easy side by providing resistance and let go after a few seconds: This again causes natural release on the other side. Also described in the Sotai document.
- Aozora taïso
  - A and O of Tenshingoso
  - With focus on duration of vowels (A,O); avoid brusque start, keep sound even.

### Saturday Afternoon

- Jumbi taïso led by Ito sensei
  - Including sampo uke
    - 5 directions (daï jodan, jodan right and left, side (Ryuhi) right and left
    - 2 styles (with and without bending arms)
- Toitsukihon kumite
  - See morning section
- Renko kumite
  - See morning section
- Kumibo: Morote tsuki attack received with kohan
  - Same spirit of anticipation and of moving out of the direction of the tsuki
  - Work on distance between partners; move up from C to B to A!
- Morote tsuki attack with Bo, but reception with naked hands
  - Same spirit, same focus: Anticipate AND be very mobile
- Sotai:
  - Power walk (legs/koshi, see above)
  - Metronome (koshi, see above)
  - Shoulders (see Sotai document)
  - Arms: 5 directions, with partner lying on the floor:
    - 45 degrees versus direction of feet, 90 degrees versus direction of feet, 180 degrees (arm along the head), arm across the chest, arm vertical.

- Lying partner pulls his arm; helping partner provides resistance then let's go. The let go provides a natural extension of the arm in each of the five directions.

### Sunday morning:

- Exams
- Jumbi taïso (led by Conny Schneider)
- Tenshi juso ho arrangements
  - Same as Saturday morning
  - More directions:
    - Front, 45 degrees, 90 degrees, 135 degrees
- Renko kumite
  - See description in Saturday morning section
  - One attacker
  - Two attackers
  - Demonstration by Ito sensei of receiving three attackers
- Exam results
- Exams follow ups:
  - Kohan; Kaze no kata
  - Tenshingoso
- Final remarks (headlines only) on Toate / ABC timing (includes comments made during the whole Gasshuku on this subject):
  - *The research done by Ito sensei on ABC timing is in the lineage of the work done by Aoki sensei on Toate. Participants to the Gashuku had received in advance an article written by Aoki sensei in 1996 entitled "Saving the world with Toate".*
  - *The ABC timing can be approached by looking at the steps we follow in a sparring exercise:*
    - *Yoi (A), kamaete (B), tsuki (C)*
    - *This could also be Ready(A), Aim(B), Fire(C)*
    - *Or the steps needed to go shopping.... Etc.*
  - *The key for the recipient of the "attack" is the timing of his action*
    - *C is where you need the maximum effort, the maximum strength, the strongest shield to protect yourself*
    - *Acting or reacting at B gives you a better chance to handle the energy of your partner*
    - *Acting or reacting at A gives you a MUCH better chance to handle this situation successfully; this is where you will need less energy, where you have a better chance to influence your partner and have access to something more like a negotiation.*

- *So focusing on timing B and A rather than C avoids direct confrontation and use of strength, AND gives you access to influencing your partner or attacker with your own energy, your own intention, your own attitude.*
  - *If you have peace of mind, if you have a positive intention, this will translate into positive “human frequencies”, positive vibrations; focusing on timing A gives you a chance to communicate these vibration or frequencies to your partner and influence his own energy.*
  - *This may result in changing his energy and can be broadened to a way of approaching conflict resolution, of establishing a positive relationship, and a way of creating a peaceful environment around oneself.*
  - *Looked at it that way, ABC timing can be applied to many many situations and relationships in our lives, in both our professional and personal environments.*
  - *A practical extension or application of this approach is the structuring of your day. Irrespective of whether you do any kind of meditation today, consider using the morning meditation to anticipate what your day could be, to visualize what is coming, so that when these events happen, it is easier for you to keep emitting good waves, good vibrations and influence positively the energy of the other person. You may find you finish the day less tired, less tensed, and will benefit more from your evening mediation where you will review the day that finishes.*
  - *So the work done by Aoki sensei was showing how our own positive energy could transform the negative energy of others; the ABC timing research gives you a concept that will make you much more efficient in using your positive energy, by doing it at the right time!*
- **Ritsui Ju Meiso Ho (10 position standing meditation)**
    - 1<sup>st</sup> position: Seiritsu (ki-ichi-i) (Returning to oneness, unity)
    - 2<sup>nd</sup> position: Hoko-i (spreading light)
    - 3<sup>d</sup> position: Shosei-i (lightening up the world, bright world)
    - 4<sup>th</sup> position: Tencho-i (reaching the top of heaven, of the sky)
    - 5<sup>th</sup> position: Kongo-i (shining like a diamond)
    - 6<sup>th</sup> position: Kenka-i (offering flowers)
    - 7<sup>th</sup> position: Kenshin-i (offering the body, devotion, being detached from the body)
    - 8<sup>th</sup> position: Bokyo-i (returning home, looking homeward)
    - 9<sup>th</sup> position: Joshin-i (cleaning, purifying the mind, the spirit)
    - 10<sup>th</sup> position: Muso-i (nothingness)
  - **Closing of Gasshuku.**

Report by Jean-Louis de Gandt, September 27, 2010.