

TRADITIONS FOR THE FUTURE

An Initiative of **Compass** INSTITUTE INC.



VOLUME 28 ISSUE 08

THE INSTITUTIONAL OCTOBER 2018

Kancho's Corner

One day a frog was sitting idly on a lily pad in the centre of his pond when he heard a voice calling out... "Mr Frog... Mr Frog...". He turned to see a scorpion waving from the edge of the pond. Curious, he paddled over towards the scorpion... though not allowing himself to come too close.

"What do you want?" enquired the Frog... to which the scorpion replied "Would you please allow me to ride on your back to the far side of the pond?"

*The frog said "Of course not... how can I trust you? You will just sting me!" but the scorpion responded saying "No! I promise I won't... if I stung you we would **both** die because I can't swim!" The frog considered the logic of this and convinced at last, came closer allowing the scorpion to climb on his back. The frog began swimming out across the pond when, much to his shock, he felt the sting of the scorpion. "What have you done? Why did you sting me?" he cried. "Now we will both die!" to which the scorpion replied weakly... "I couldn't help myself... it's just my nature".*

This story makes me wonder just how many times I've heard all sorts of behaviour explained away with the phrase "That's just human nature!" I get the idea but feel that while human beings may be born with a 'base' nature, it's central to our development to lift ourselves up from this base level as we grow from children into adults. It's interesting isn't it that it's always unattractive behaviours like pettiness, greed, narrow-mindedness etc that are excused away as 'human nature'. Why is it we don't hear people talk about characteristics like generosity, open-mindedness, kindness and the like in the way? There's also another common expression I hear from time to time that seems to come from the same attitude - "I / he / she were just being themselves" or "that's just my / his / her personality".

We often talk about Nishioka Sensei's admonition to ensure we focus on changing ourselves to fit the techniques of Shinto Muso Ryu and not the other way around... and I think most people genuinely try very hard to apply this in their time in the Dojo. In the same vein it could be said that the Dojo has a particular 'personality' or 'nature' also and it's equally important that as students we try daily to develop our personality or nature to fit with the Dojo... not the other way around. What can happen otherwise is that the Dojo becomes another social space where multiple personalities come together and not only can 'personality' begin to

dominate the Dojo, but inevitably clashes of personality result and become central to peoples' time there.

It's not that people have to learn to be accepting of others... it's that we all have to put our personalities or 'human nature' aside and work hard to align ourselves with the nature of the Dojo, integrating its characteristics into our lives.

So, what are the characteristics of a Dojo? I'm sure we'd all come up with a similar list if we tried but here are some of mine to kick off your thinking...

- Serenity
- Quiet... only speak or make noise it improves on silence
- Equanimity... avoid being ruled by or overtly demonstrating emotion
- Austerity... less is more
- Presence... being in the here and now
- Humility
- Awareness and Focus
- Discipline and Diligence
- Application and Courage

I'm sure you could add others... but whatever the characteristics and nature we attribute to the Dojo, it then becomes our personal challenge to become a living expression of that nature.

Awareness of the impact we may have on others is a tricky area but a simple test we can apply before we act or speak is "How might the person or people hearing or being affected by this feel, think and act in return? What do these thoughts, words or actions say about me?" Being a Dojo member – especially a senior member – brings certain responsibilities, because not only do our teachers deserve more from us but so do our fellow students and very importantly so does the Dojo. Feeling uninspired or lacking motivation? Inspire and motivate others! Feeling tired or stressed? Train with the purpose of energising and lifting the spirits of others. Allowing the nature of the Dojo to be the dominant one is the best way forward for everyone.

A man died and Buddha escorted him to both "heaven" and "hell". To the man both places looked the same, as they contained similar people, all with a long ladle attached to their hand. The man said, "I can't see any difference" and Buddha replied, "Look more closely." So the man did. In hell they were doggedly trying to feed themselves, but could not succeed because the handle on the ladle was too long. In heaven they were feeding each other and thriving.

Gambatte! David

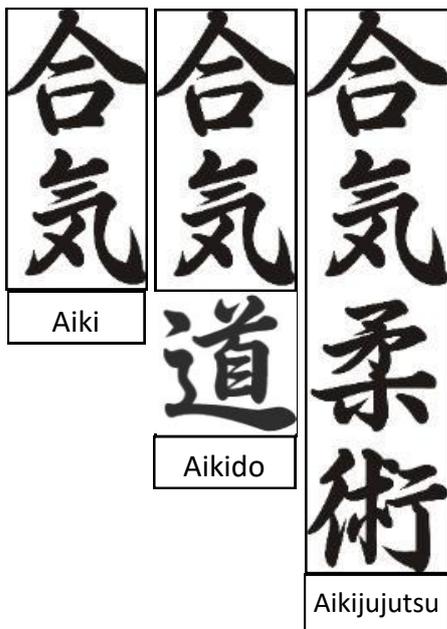
Kancho's Corner

Important Aikido Concepts (Part 3)

Some Key points in the Aiki Framework

Conceptually, a three tiered model helped me to understand the evolution of aiki arts -

Aikijujutsu
Aikido
Aiki



We can advance through these stages over time. Can we start at the Aiki level? I don't believe so.

My experience says we need to start at the beginning – learn to understand our human system (body, mind, spirit) and then learn to use it fully through structured practice. In the first level we must learn how to make and receive powerful, well directed attacks with a controlled but aggressive partner. The lack of this early training underscores most peoples' dismissal of Aikido as a martial art of any consequence. To avoid confusion and potential harm, I believe aikido styles that don't include this early stage may be better off changing the name of their practice to something else.

We can think of Aikijujutsu as learning to use our bodies energy; Aikido as learning to use our energy in concert with our partners energy and Aiki as learning to channel our partners energy more completely. My interpretation of these training stages is to link them to 3 strategic interventions that are also potentially progressive -

Reactive – events based

Responsive – perceiving the patterns beneath events

Creative – creating the patterns that determine event

Events – Based	Patterns (of Behaviour)	Systemic Structure
Reactive	Responsive	Generative
Adapt to reality	Magnetise positive realities	Create reality of choice

Continuum

I don't associate these strategies/interventions with any human value statements (bad, better, good) but accept that they just are. My belief and experience is that we can increase the percentage of creative and responsive strategies we employ in life over time by embodying these concepts through training. A simple example of these strategies in application is:

Reactive – walking home you are attacked by a mugger and successfully defend yourself

Responsive – Walking home you choose a street or time when there is no mugger

Creative – By taking Aikido practice and philosophy into our community, we contribute to the lack of need for a mugger to exist in our community

Is this an idealistic world view? Absolutely - and I don't accept any other. Idealism is looked on in the wider world of give and take as a weakness, yet I believe Aikido is one of the paths towards realising our existence as our ideal selves. Why settle for less?

Many of the discussions regards the 'effectiveness' of Aikido would be better served by drawing the above distinctions. On what level do we want to measure effectiveness? What are the criteria and assessment tools? On whose/which standards do we baseline for success?

I then connect these three strategies to the stages of learning described in the concept of '**Shu** (learn the form) / **Ha** (break the form) / **Ri** (create the form)'.

Those who have mastered any trade will recognise Shu/ Ha/Ri as

Shu – how to do it the way it is done

Ha – how to do it the way it isn't done

Ri – how to do it the way (when) it can't be done

I do also conceptually link the 3 strategies to timing. (**sen, sensen no sen, go no sen**)

3 Strategies to timing (Continued in *Important Aikido Concepts Part 4*)

Junior Members Corner



Children in Martial Arts

With a terrifying cry, your 6-year-old leaps into the air and flips their body to take a fall, raising your hair and blood pressure instantaneously. Before you panic and take your child and run for the hills remember that activities like tae kwon do, kung fu and aikido are a fun way to achieve fitness and focus.

Some parents may think they promote violence, but martial arts actually help teach self-discipline and team work. In fact, many parents whose children have attention-deficit/hyperactivity disorder (ADHD) report great success with self-control and concentration as these can be the characteristics that are underdeveloped in ADHD kids.

A typical hour-long class begins and ends with a bow to the instructor. After a warm-up, students practice the art's particular skills, which may include kihon dosa, falls and techniques. Each requires self-control and strength of will. Progress through the techniques are displayed through the belt system, which takes the beginner from a white belt through a variety of colors until black. Something that has recently just occurred for two of our juniors – Mala and Kaiden. Both performed spectacularly within their specific kyu grading. Hopefully, we will be seeing a little more colour around the dojo by the end of the year.

Although these only occur for our senior juniors, this invite can come for many reasons. Showing self-control, discipline, and pushing yourself harder continuously throughout the year. Showing respect to yourself and those around you and supporting each other by working as a team.

Ultimately, kids learn respect through the day-to-day activities of these classes. Whether, it's from bowing or standing still and waiting for the next command, that can be the most important benefit. The skills they learn within the dojo will carry over into school, helping to improve behavior and even grades.



Technique Workshop

Kata Mochi Maki Otoshi

1.



Face your partner in Gyaku Hanmi and lead them to attack.

2.



As Uke strikes, slide forward and a little to the inside reaching in to the strike to redirect & off balance Uke.

3.



Three things must occur in close sequence... cut Ukes hand down with your left hand, deliver atemi with your right hand and slide further around the circle spinning ukes body on his fixed front foot.

4.



Step through raising Ukes hand above your head and maintaining him in an off-balance state.

Technique Workshop continued...

5.



Pivot and begin to cut Uke to the ground.

6.



Slide forward and drop your weight then apply the osae and atemi.

Upcoming Events

Gasshuku coming up soon, only a few places left.

神道夢想流杖道
Kenshinryu
流神劍
Spring Gasshuku
18-21 October 2018
神道夢想流杖道
Shinto Muso Ryu Jojutsu
Shinto Ryu Kenjutsu & Iaijutsu
Suitable for practitioners of all styles aged 15yrs+ and any level of experience.

Enquiries and bookings: **Kenshinryu** ph: 07 5445 9116
流神劍 e: info@kenshin.com.au

Traditions for the Future
www.kenshin.com.au

Please email [Alison](mailto:alison@kenshin.com.au) for a Registration Form



2018 Spring Gasshuku Schedule

Thursday 18th October

5.00pm - 7.30pm

SMR Jo Basics

Palmwoods Dojo

Friday 19th October

6.30am - 8.30am

10.30am - 1.00pm

2.30pm - 4.30pm

5.00pm - 6.30pm

7.30pm

SMR Jo

SMR Jo & Tanjo

SMR Iaijutsu & Kenjutsu

Kenjutsu & Tachi Tori

Welcome Dinner

Palmwoods Dojo

TBA

Palmwoods Dojo

Palmwoods Dojo

Palmwoods Hotel

Saturday 20th October

6.30am - 8.30am

10.30am - 1.00pm

2.30pm - 4.30pm

5.00pm - 6.30pm

7.30pm

SMR Jo

SMR Jo & Tanjo

SMR Iaijutsu & Kenjutsu

Kenjutsu & Tachi Tori

Dinner

Mooloolaba Beach

TBA

Palmwoods Dojo

Palmwoods Dojo

TBA

Sunday 21st October

6.30am - 8.30am

10.30am - 1.00pm

Free Afternoon

SMR Jo

SMR Jo & Tanjo

Mooloolaba Beach

TBA



Inspirational corner

LIFE BEGINS
AT THE END
OF YOUR
COMFORT ZONE.

Art Roy Remy



www.facebook.com/KenshinryuPalmwoods/