

Kagami

The Newsletter of the Jikishin-Kai International



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Kagami - Fall 2007

Volume 2, Issue 3

Principles from Ono-ha Itto-ryu by Masayuki Shimabukuro, Hanshi

In our practice of Ono-ha Itto-ryu Kenjutsu, we are exposed to the study of principles that are considered to be the signature methods of the style. However, these principles are of great importance in iaijutsu and kenjutsu in general, and can be found in many styles, including Muso Jikiden Eishin-ryu.

The first principle that will be discussed is called "isshin itto", which means "one heart, one sword." This phrase can be understood as one beat (of the heart), one technique and describes the fundamental principle of Ono-ha Itto-ryu. Isshin itto is clearly expressed in the techniques contained throughout the curriculum of Ono-ha Itto-ryu.

An example of isshin itto can be seen in the technique called suriage, in which one receives the enemy's cut with the shinogi as the defender's sword rises up along the same line as the enemy's cut, displacing the opponent's sword, and cuts down to the enemy's men. This action of receiving, displacing and cutting happens in one movement. This principle is also expressed in suriotoshi, a technique found in Hitotsugachi, the first kumitachi in Ono-ha Itto-ryu. Suriotoshi, also called kiriotoshi, or dropping cut, is cutting down at the same time as the enemy cuts down, along the same line as the enemy's cut, displacing his sword with the shinogi, thereby creating the condition of shini tachi (dead sword) in the enemy's technique. The action of kiriotoshi continues by cutting to men or through to chudan (with the kissaki at the enemy's nodo) and immediately thrusting. As in suriage, this all happens in one action.

These techniques, receiving and displacing the opponent's cut and countering in one action, are usually considered to be advanced techniques in most styles. However, they are the first things practiced in Ono-ha Itto-ryu. This is especially the case with kiriotoshi, which represents both the beginning and end of the Ono-ha Itto-ryu curriculum.

While isshin itto is a very important component of waza, it requires kokoro gamae, the mind in a state of readiness, enabling the mind and the sword to execute waza together as one unit.



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From The Editor's Desk *by Erik Johnstone*



Well, despite my best intentions, it seems that the Fall 2007 Issue of Kagami is later than originally planned. I remember releasing the Summer 2007 issue and telling myself that I'd have the Fall issue completed by mid-October. Okay, so we are now already in the Holiday Season, but in any case, at long last, here it is!

I really enjoy autumn; it is a particularly beautiful time of year here in the Northeast. The leaves, having reached their peak brilliance, have now mostly fallen; the smell of wood smoke is in the air ; the weather is turning brisk and we had a little snowfall last week. The fall harvest of apples and pumpkins (our front porch is covered with pumpkins from my wife's grandparents' farm) has passed. The old local cider mill, open only during this time of year, is turning out gallons of fresh apple cider and loaves of pumpkin bread. My mum will be making Indian Pudding and butter tarts for Christmas. All the good winter seasonal ales (my favourites) are on the shelves (and in my refrigerator).

My kids, having just coming off of a great Thanksgiving weekend, are now completely excited about the Holiday Season; we've already seen Frosty, the Grinch and Rudolph a couple of times each now and they are clamouring for a Christmas tree! We are also waiting on the upcoming arrival of a new little one in our family!

It is also a great time to be a sports fan here in New England. The Boston Red Sox won their second World Series in four years, and the New England Patriots at 11 and 0, are the only undefeated team in the NFL, although the game against the Philadelphia Eagles was quite unlike them; they only scored 31 points! And for the Canadian sports fans out there (there may be one or two others reading this!), the Saskatchewan Roughriders won their first Grey Cup since 1989, defeating the Winnipeg Blue Bombers 23-19 in the classic CFL championship game.

Given the number of recent events and contributions, this issue of Kagami is a pretty good size. In addition to another excellent offering by Shimabukuro Sensei, we have reports of training events that took place during the past few months, including the 2007 Gasshuku, Long Sensei's seminars in Costa Rica and Rhode Island, and Shimabukuro Sensei's seminar in Beacon, New York. We also have articles from JKI members in Montana, New Hampshire and Rhode Island; Big Green Drum Dojo in Pensacola, is the featured dojo in this month's spotlight. Robin Everett-McGuirl has once again provided one of his samurai-inspired illustrations for our use (seen on Page 12) and my wife, Lea Ann, captured the fall and winter New England images shown on this page. As ever, I want to thank everyone for their contributions to Kagami. Finally, we wish all of you a wonderful and joyous Holiday Season!



A Visit to San Diego: Gasshuku 2007 by Erik Johnstone

The 2007 JKI Gasshuku, hosted by the JKI Hombu Dojo, was held on August 4th and 5th at the University of California San Diego, and saw, according to Hombu Dojo senior students, the second largest turn-out of any JKI Gasshuku to date.

Taking an early flight out of Rhode Island, I arrived in San Diego to gorgeous weather (no surprise there, eh?) at about 11:00 a.m., and, along with a few other travelers, was met at the airport by Shimabukuro Sensei and Rick Alexander (who had flown in from Pennsylvania the day before). They delivered us to our hotel (right next door to Hombu Dojo), leaving plenty of time for check-in, lunch with Rick and Jim Thompson Sensei at a Korean place across the road, and, happily, some time at the hotel's pool.

The dojo opened at 4:00, with the mat available for training. Those of us who suited up received instruction in Batto-ho, provided by Erik Tracy Sensei. This was followed by a Gasshuku Welcome Party, starting at Hombu Dojo as more participants arrived, and then continuing on for quite sometime at one of the nearby local establishments. All in all, Friday was a great beginning to the weekend.



Training began on Saturday morning with practice of the Eishin-ryu Batto-ho waza, followed by Shoden waza, with detailed instruction provided by Shimabukuro Sensei. Sensei once again utilized his "rotating lines" method, enabling him to get a chance to see everyone's iai. Sensei taught the first ten kumitachi of Ono-ha Itto-ryu Kenjutsu during the afternoon session. I had been looking forward to another opportunity to practice Ono-ha Itto-ryu, and was fortunate to pair up with Robin Ramirez Sensei for a spirited, high energy training session.

After Saturday's training, I was able to squeeze in a little more pool time, followed by a nice visit with Jim Thompson and Shimabukuro Sensei at the dojo. The Gasshuku Banquet was held later that evening at Nobu where we were treated to a fantastic buffet (and lots of sake!).

Sunday's training consisted of Tameshigiri seminars conducted by Tony Alvarez Sensei and Dave Neely, as well as instruction in the kata of Uchida-ryu Tanjojutsu, one of the sub-arts of Shindo

Muso-ryu Jojutsu, led by Shimabukuro Sensei. The tameshigiri seminars were provided in two separate sessions: a morning session for basic tameshigiri and an afternoon session for yudansha in advanced tameshigiri. Following a basic introduction and seminar overview, those of us scheduled for the advanced tameshigiri seminar went to practise Uchida-ryu with Sensei, who managed to introduce all twelve kata to us. The tameshigiri session was excellent, with Alvarez Sensei providing expert instruction in advanced cutting patterns such as Inazuma, Mizugaeshi and Namigaeshi.

Following the closing of Gasshuku, Sensei, Jim Thompson and I briefly went through some defensive tactics techniques for the jo back at the dojo (there are some very painful techniques, I can assure you!). I was also fortunate enough to receive corrections from Sensei for Seienchin, one of the kata practiced in Shito-ryu Karate-do. I was then treated to dinner at a nice Mexican restaurant (Sensei wanted to make sure that we got a chance to squeeze it in) before heading to the airport to catch my red-eye back home (thanks for getting me there in time, Lori!).

I could continue on at great length, trying to detail each aspect of the Gasshuku, but it is all best experienced first-hand. So, I will borrow Erik Tracy's well-written words to tie it all up: "it was a LONG weekend of good budo, good company, and fantastic instruction by Sensei." Thanks to Shimabukuro Sensei and everyone at the JKI Hombu for being such welcoming hosts and for an excellent experience!

Principles from Ono-ha Itto-ryu (Continued from Page 1)



Another important technique or principle is “makura no osae.” Makura means pillow and osae means push or hold. This phrase refers to the principle of restraining or holding an opponent with the light touch of a pillow. This principle can be demonstrated in the example of someone sitting in a chair and then attempting to stand up. Typically, one feels very strong when they rise. But a light touch of the finger to the forehead of someone sitting in a chair can prevent them from rising.

In practice, if one applies osae when the opponent cuts or thrusts, one can immobilize the opponent, preventing him from applying a technique. The application of makura no osae requires correct timing as well as the ability to read the opponent's intent.

The final principle that we will discuss involves some interesting historical references. Itto-ryu contains a concept called “shisha tachi”, which refers to using the kissaki like the shisha, or scouts, of the armies of feudal Japan. Shisha were intelligence gatherers tasked with obtaining as much information about the enemy, the landscape, potential obstacles, etc. Once this information was acquired, the shisha's job was accomplished. This information would then be used to affect the proper strategy and tactics in deploying the full force against the enemy.

Shisha tachi refers to using the kissaki to probe the opponent much like shisha would probe the enemy prior to mobilising the full army against the enemy. One tactic that a shisha might have employed in a given situation is called “mon zen no kawara.” This refers to kawara, roof tiles, that shisha would throw at the front (zen) of the gate (mon) of an enemy's stronghold, causing a disturbance in an attempt to lure him out. In a way reminiscent of mon zen no kawara, shisha kissaki can be used to lure the opponent out, forcing him to commit to a course of action. Shisha tachi can also be used to assess the opponent's skill and to determine the correct distance for attack and defence. The information obtained through shisha tachi is then used in support of one's skill and waza in overcoming the opponent. Once this information is acquired and can be used to defeat the opponent, shisha tachi, much like the shisha, is no longer necessary, and is replaced by the use of one's full technique.



Ono-ha Itto-ryu emphasizes the principle of isshin itto. However, in addition to the techniques that reflect this principle, it also contains teachings such as makura no osae and shisha tachi. This is important because one must have not only good technique, but must understand strategy, possess common sense, and have a clear mind and strong spirit.

Latin American Report *by Patrizia Gallo*

The Left Hand Feeds the Right Hand

Concepts from Costa Rica's 2007 seminar

Long Sensei's September 2007 seminar in San José, Costa Rica was really a fantastic experience. His visit, was sponsored by Katabami Dojo and Bushikai Dojo. As he hadn't visited since 2005, there was quite a bit of news, improvement, and new students waiting for him. We were really happy to have him again, and we had seemingly endless questions. In addition, Lori Mitchell Sensei, who seems to be everywhere these days, came in from Montana to participate in the seminar. It was wonderful to have her visit us here in our country.

We had a special yudansha session with Lori, Henry, Alberto, Pedro, Jeff, and myself, and, in a class covering portions of two koryu, we practiced Muso Jikiden Eishin-ryu chuden waza as well as some Shindo Muso-ryu Jojutsu. This practice, as always, was very enlightening to us, and we have many new concepts to work on over the next year.

Among the most important lessons passed on by Long Sensei over the course of the seminar was concept of left hand feeding the right hand in nukitsuke, and will certainly keep us busy for quite awhile. Sensei's explanation of this concept really seems to have made quite a difference for us, as we are noticing a different feel in nukitsuke already. It is interesting to note how Sensei always finds a way to get inside my mind by finding a new way to illustrate a concept that he has been teaching us for years. We have always worked on the point that this concept illustrates, but it has never so simple to understand as it is now. If we adopt this phrase like a "mantra" in our training, we think everybody's iai will greatly improve. We look forward to seeing progress over the next year.

Sensei also conducted testing for students from both dojos during his visit. Everyone who stood for testing put forth their best effort and did very well. It is obvious that Sensei expects more each time he visit us. This increased expectation is wonderful as it indicates that we are making progress. We just need to keep working hard to ensure that we continue to improve as the bar is raised.



On a side note, five of our students received their new Hanwei iaito. Because of the distance, ordering iaito is sometimes difficult and expensive, so Sensei's visits are often the best chance for us to obtain new iaito. I mention this because even after practicing with them during seminar practices, it is interesting to see students trying to adjust to the new iaito for testing! However, it is also incredible to see their enthusiasm!

Crocodile Tour

Sensei always works very hard during his visits, so we wanted to take him on a trip to give him a chance to relax and see some more of Costa Rica. We choose an excursion on the Tarcoles River in Puntarenas, which is home to some enormous crocodiles.

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A Sunday With Shimabukuro Sensei *by Robin Everett-McGuirl*

Recently, I was lucky enough to attend a seminar taught by Shimabukuro Sensei while he was in the area for the Hokubei Shihankai's "Masters of the Rising Sun" performance. This was a great chance for those of us on the East Coast to be able to train with The Man Himself. He doesn't get a chance to come out this way very often, so we all jumped at the opportunity to meet him again.



After being safely transported to Beacon, New York from Rhode Island by the juggernaut that is the Night Lord (my mini-van), the five of us from Shindokan dojo disembarked and got ready to train. We weren't even deterred by the sign that we passed on the way to the venue stating that there would be a reward for anyone who had information about the murder that had just occurred recently, that's how excited we were to train.

After saying hello to people we hadn't seen in a while and meeting some new people, we got changed up and ready to rock. The seminar began in the capable hands of Puterbaugh Sensei, and we split everyone into two groups in order to accommodate the amount of people in attendance. Following the practice of Shoden waza, the reins were passed to Shimabukuro Sensei. The first thing he did after greeting everyone was go around the room and meet everyone personally and shake their hand. I thought this was a particularly nice gesture, and everyone seemed to be all smiles.

Sensei then spoke about various subjects that he believes are important to our training and to life in general. For instance, he spent time discussing the difference between the relationship that you have with your friends, and the relationship you have with your teachers, or your family. You will only ever have one set of parents, so you should cherish them and treat them differently than you would treat a co-worker. While you may never talk to a co-worker again should you get a new job, your family is your family for life. Similarly, the role of a teacher in your life is different than the role of a friend. You can be friends with your teachers, and should be, but at the same time, there has to be a separation between the teacher and the friend. A teacher still needs to be listened to and learned from, and to a certain extent, obeyed, in a way that someone who is your friend and equal isn't necessarily treated. This is not to say we should down-play the importance of friends and equals, simply that sometimes a teacher is your teacher and needs to be treated as your senior.

After Sensei's discussion, we started with the physical part of our training. First we did happo-giri, and Sensei explained the different cuts and spent time correcting things and making sure that everyone was cutting properly, we moved on to doing waza. Again, we split up into two groups to allow everyone a little more space while we trained. The other reason for splitting into groups was so that Shimabukuro Sensei could see everyone individually and try and make sure that everyone got some individual attention. It is not often that he gets the chance to personally instruct all of his students, so this was particularly helpful.

Towards the end of the seminar, we found ourselves short on time. There were changes to several of the kumitachi waza that Sensei wanted to teach, so he explained those and we trained them for a bit and then we finished up. Over all, this was a great chance to get information straight from the source, and I was more than happy to make the trip to New York and back. Even though it was a one day seminar, there was still more information packed into that one session that I could possibly digest in a year of training, so I'm pretty sure that I will be well occupied until the next time he makes it out this way. Or even better, until I make it out to sunny California instead!

Dojo Spotlight: Big Green Drum Japanese Martial Arts *by Patty Heath*



This month's Dojo Spotlight brings us down to the Florida panhandle to profile Big Green Drum Japanese Martial Arts in Pensacola and Patty Heath Sensei:

First, some background. Dennis Hooker (Aikido Schools of Ueshiba, 6th dan) started West Florida Aikido in 1979. In 1983, he moved to Orlando, leaving the dojo in the capable hands of his senior student, Frank Calhoun. The dojo gradually grew, and in 1993 moved away from the campus of the University of West Florida, into rented space. The dojo has maintained a relationship with Dennis Hooker and we still consider him our chief Aikido instructor. In 1999, there came a decree from Hooker Sensei, "You will offer iaido classes at this dojo, twice a week." "Hai, Sensei!"

Hmmm...now what? Six iaito were ordered and an invitation was made: "come pick out a sword and start training." "Who can teach us? We really don't know much at all about sword." In the meantime, Hooker Sensei's Orlando dojo had embarked upon a relationship with Shimabukuro Sensei and the study of Muso Jikiden Eishin-ryu Iaijutsu. A couple of seminars were subsequently held and five of us attended. One weekend, the guys were putting up a sign at our newest location - West Florida Aikido and Iaijutsu - when a passing car slammed on its

brakes, turned into the parking lot and stopped. A man in uniform got out and explained that he'd been looking for a local iai dojo, as he had been periodically traveling 500 miles from Pensacola to St. Petersburg, Florida to train and was about to go to Japan to test for shodan in Muso Shinden-ryu Iaido. Welcome Rich Jackson, our first instructor. He primarily taught seitei kata, but we were getting the basics we needed.

Long Sensei first visited us in 2000 and got us started on the Jikishin-Kai curriculum. Our instructor was transferred away, and our senior student took over. Then he moved away and I became the person in charge, at the rank of nikyu.

Long Sensei has taught seminars in Pensacola twice a year since his first visit and Shimabukuro Sensei came here in October 2005. We now have three satellite study groups affiliated with our dojo, in Mobile, Dothan, and Montgomery. West Florida Aikido is now known as Big Green Drum Japanese Martial Arts and offers aikido, iaijutsu, judo, naginata, kendo and kyudo.

How Iai Inspires My Life by Susan Wadsworth

This contribution was inspired by three articles in the summer *Kagami*: Masayuki Shimabukuro, Hanshi's article on what qualities are needed to train, Rick Alexander's point that women may help men to relax while men push women to train harder, and the personal essay from Patrizia Gallo of the Costa Rica dojo.

I am certainly in the lower ranks of those who train in Iaijutsu, and I am probably one of the least talented physically. As a middle-aged woman, my aim is not to win the next bar fight nor to prove myself in tournaments. I have trained in the martial arts (alas only since 2000, since 2002 in Iai) for personal and spiritual growth. And in that way, Iai has enriched my life no end.



My favorite place to train is on our dock on Pool Pond, in NH.

Although there are no dojo mirrors here, I use nature as my mirror. I should go to this dock much more often, but I get caught up in daily tasks; it is my training that motivates me to go down there, usually in the morning or in the evening. To see the small clouds of steam rising from the water, amidst the water lilies and the view of Monadnock, or to see the ripples of sunset colors reflecting the sky, is always inspiring. The wind reflects the energy of nature, a rhythm I try to bring into my training.

While making cuts, practicing batto-ho, or bowing in or off the dock, I notice things I would usually miss in life: the seven ducklings, now almost full grown, paddling by; the mallard flying at eye level just twenty feet away; the Great Blue Heron stepping carefully, fishing for breakfast; the bald eagle (once) soaring just overhead. I pause in my training, appreciating the eternity of life and beauty that continues regardless of my training. I like to think that what I feel is *heijoshin*, deep within me.

If I train in the morning, I am more in touch with myself all day. Training in the martial arts has eased some of the physical pains of aging (although I relish the "good" pain of hard training and building push-ups). I am less likely to anger quickly (something also noted by Rick Alexander in the last issue). My posture has improved, whether it is through the practice of *kirioroshi* or the suggestion from Ted Tanaka Sensei, before embarking on a recent vacation abroad, that I work on posture daily (instead of *waza*). After each practice on the dock, I can feel the beauty of that training session within me throughout the rest of the day.

I feel the wind blowing and try to cut as big as the wind. I note the details of trees changing, birds perching, and try to do a more precise *nukitsuke* or *noto*. I feel the sureness of nature and try to echo that with *kihaku* and *zanshin* in my own life. Sometimes I can just forcefully look at my children, with my best "Iai" look, and they will give me no more nonsense. (It doesn't always work, but I try.)

After a luscious fall sabbatical, when I hope to further my training as well as my artworks, I will become chair of my Humanities department at Massachusetts state university. Through this challenge, I am sure that my Iai will lend me compassion and *kihaku* to help me deal with personal and curricular issues.

Shimabukuro Sensei discussed four personal aspects of Iai in the summer '07 *Kagami*. He mentioned courage, the need to overcome fear, and I hope that I do this in the studio daily as I forge new forms and works to reflect my innermost sensibilities. I find that if I do train in the morning, I am more sure and less hesitant in the studio (although I cannot vouch that I will be completely without *Gi* (doubt) when next I test.) I only hope that I also learn to combat *Kyo* (surprise) and *Waku* (confusion) as well, in my training and in my personal life.

I realize that the growth that I have just discussed is only the very tip of the iceberg. A few weeks ago, Tanaka Sensei noted how little he himself knows, as he suggested the inkling of depth that he had recently received when training with Long Sensei. The wonderful thing is this: if we keep training, to the best of our time and abilities, we can still experience almost miraculous growth within ourselves.

The Open-Hearted Warrior *by Drew C. Riebe—JKI Montana*

What do we tend to think of when we think of a “warrior”? For some of us, an image that may come to mind is that of some gruff brute tearing through his opponents with glee and a sadistic smile. However, I would contend that such is not the case. To many, the person described above is nothing more than a monster. So what then is a warrior?

Simply put, a warrior is anyone who is willing to suffer for the sake of others. A warrior is someone who has deep and all-consuming compassion; a person who will only harm another human being when that is the only option at that specific moment. A warrior is a person of peace.

Anyone who enjoys causing harm to others is most certainly *not* a warrior, no matter how good a fighter one may be. And it does not matter how skilled one is, if one does not use one’s talents in right-mindedness, one will never be truly victorious. Even if one defeats every opponent one faces, one will never know contentment until one is able to defeat one’s own shortcomings.

The true warrior does not need to look like Bruce Lee; there is no physical characteristic that separates him or her from the general populace. However, you know a warrior when you see one. True warriors walk with confidence and grace, heads held high and their eyes taking in all the beauty of the world around them.

You can tell the true warrior by their unwavering selflessness. The sole goal of the true warrior is to make life better for those around him at any given time. Sometimes that means fighting for what the warrior believes to be right.

The true warrior wears his or her heart on the outside for all to see. There is no weakness hidden, no flaw covered, for the warrior knows that a weakness is only weakness when it is considered as such by one’s self. The true warrior stands as if naked before all they meet; there is no shame, no embarrassment, and no secrets. If asked, the warrior will give any bit of knowledge that he is able to share. The warrior’s heart is wholly open.

The true warrior does not lie, for the very reasons stated above. With nothing to hide, a warrior has no need to lie. A warrior’s word is his bond; it is all that he has and all that he is. A warrior will never break it. His greatest strength is not physical, but spiritual. Warriors hold themselves to a high standard of conduct, even when alone. They do not fear responsibility, nor do they ever seek power. A warrior takes charge only when he or she has to, and will otherwise fade into the background. Warriors are marked by a humility and gentleness that belies the ferocity of their convictions; nothing on Earth can break them.

The lives of warriors are lonesome, fraught with danger and marked by pain. Their reward for the deeds they do is often pain and scorn. Those that they assist are often contemptuous and unappreciative. But warriors need no gratitude. They would help the very person who has just struck them, and smile as they are spit on. Warriors do what they do for no other reason than it being the right thing to do. They seek no reward. The path may seem bleak, but the way of the warrior is the way of fulfillment and joy. The heart of the warrior is jubilant and his compassion unwavering, even in the face of overwhelming contempt. This is the life that the warrior was born to lead; he does not resent it. The warrior knows that to go against the way of things is the path of failure and ultimately, destruction.

This is my understanding of the spirit of the warrior, the model that we should all aspire to emulate. We are practitioners of koryu, the ancient arts of the samurai, a class of warriors whose very title means “to serve.” If we are to call ourselves swordsmen in the tradition of the samurai, then we must whole-heartedly embrace our duty to serve. This is the way of the Open-hearted Warrior.



News & Announcements

Shimabukuro Sensei Receives Hanshi Title from the DNBK!

Shimabukuro Sensei was presented with the title of Hanshi and the grade of Hachidan for Karate-do from the Dai Nippon Butoku Kai during a visit to San Diego in August by Tesshin Hamada, Hanshi. We couldn't be more thrilled!

Long Sensei in RI—September 15th & 16th

The weekend of September 15th and 16th saw the return of Long Sensei for a seminar hosted by Shindokan Budo and our good friend, Steve Babcock of Steve Babcock's Karate. The seminar, held at Babcock Sensei's dojo in Narragansett (located one block from the Atlantic Ocean), was Long Sensei's first full weekend seminar in Rhode Island since February of 2006. It was also the first time that Shindokan Budo was able to host Sensei down in our neck of the woods in beautiful South County, RI.



The seminar, originally planned to cover Muso Jikiden Eishin-ryu Iaijutsu and Shindo Muso-ryu Jojutsu, drew a number of participants from well beyond Rhode Island's borders. In addition to our local JKI members, attendees came in from New Hampshire, New York, West Virginia, Florida and California. Most participants "from away" arrived on the Friday evening prior to the seminar, allowing for a nice pre-seminar get-together at a steakhouse near my home in Westerly.

The first training session began on Saturday morning with Long Sensei providing in-depth instruction in Batto-ho, followed by an equally intensive practice of Shoden-waza. The afternoon session saw the study of heiho from the Shoden waza Ukenagashi and Tsukekomi, practiced in the form of kaewaza and kumitachi derived from the waza. There is no question that everyone gained a great deal of insight with regard to the depth of the principles and methods of Eishin-ryu as a result of Saturday's training. Sunday's training included Okuden Tachiwaza during the morning session, followed by a practice of all 12 kata of the Shinto-ryu Kenjutsu curriculum.

Annual JKI Instructors Seminars

The annual East Coast JKI Instructors Seminar was held at Sakura Budokan in Kingston, PA over the weekend of November 17th & 18th. Instruction was again provided by Carl Long, Renshi. We hope to provide a more complete report in the next issue. The West Coast JKI Instructors Seminar has been rescheduled for February 9th and 10th, 2008 at Hombu Dojo in San Diego.

Column by Long Sensei in Current Issue of Black Belt

Be sure to check out the January 2008 issue of Black Belt Magazine (on stands now). Long Sensei has an article about tachi kaze featured in the Cutting Edge column.

Upcoming Events and Seminars

Winter Gasshuku

December 1st & 2nd - Bakersfield, CA

Instructor: Masayuki Shimabukuro, Hanshi

Host: Bakersfield Budo

Contact: Robin Ramirez or Brandon Ream

Phone: 661-398-2100 or 661-703-1122

email: info@bakersfieldbudo.com

This year's event is designed to provide training in the full breadth of the JKI syllabus, including Seito Muso Jikiden Eishin-ryu Iaijutsu, Shindo Muso-ryu Jojutsu, Ono-ha Itto-ryu Kenjutsu and Suemonogiri.

West Coast JKI Instructor Seminar

February 9th and 10th - San Diego, CA

Instructor: M. Shimabukuro, Hanshi

Host: JKI Hombu Dojo

Contact: M. Shimabukuro

Phone: (858) 560-4517

email: hq@jikishin-kai.com

The annual JKI Hombu-sponsored instructor seminars represent essential training and instructional opportunities for JKI Instructors of all levels. All Dojo-cho are encouraged to attend. And they are also always a great time! Please be sure to check the JKI websites for announcements...and keep your calendars open!

Iaijutsu Seminar

March 29th and 30th - Charleston, West Virginia

Instructor: Carl Long, Renshi

Host: West Virginia Aikido

Contact: Greg Noble

Phone: (304) 925-6944

email: gnoble@wvaikido.com

Additional Seminars to Be Announced!

Please be sure to contact us with details for any JKI-related seminars that your dojo may be sponsoring!

email: ejohnstone@cox.net



Latin American Report (Continued from Page 5)

Sensei and Lori seemed quite concerned about the size of these creatures and their proximity to the boat. Well, perhaps that part of the trip wasn't so relaxing, but we hope that they had a good time! Following our return, we received an e-mail from Sensei's wife thanking us for managing to keep her husband alive! Sensei and Lori did seem to have a wonderful time during their visit; they tried



local dishes such as "casado" (married man) gallo pinto, and pipas (coconut), and also drank plenty of Costa Rican coffee (they loooooooved it). Happily, they both returned home with two arms and two legs (the crocs are really big!), and wonderful pictures of the Costa Rican rainforest.

JKI Costa Rica Anniversary 2009

We are looking forward to 2009 as it represents the 10th anniversary of the Jikishin Kai in Costa Rica. We would really like to hold a big event here to commemorate the occasion, and are hoping to organize a big celebration. However, we need people to come to the party! So we want to invite JKI members to come to Costa Rica to celebrate and train with us. There is a nice Costa Rica Tour dvd (please contact me about obtaining the dvd) if you want to know a bit about our country in advance of your visit so that you can plan some side trips during your stay. We will be happy to help with planning for accommodations, trips, etc. Please feel free to contact us, and hopefully we can have a big JKI family reunion in 2009!

A Fond Farewell

One week before Long Sensei's seminar, Edgar Sequeira, our sempai here, left Costa Rica to study music in the United States at a university in Miami. He's a musician (and a very good one at that) and applied for and received a scholarship to study jazz. We will all miss him very much and wish him the best of luck in his studies! We also hope that he finds a nice dojo there to keep practicing his wonderful iai. Good luck!

Congratulations!

We want to extend our warmest wishes to Javier Machado (of Machado Budo Kai in Buenos Aires, Argentina) and his new wife, Marianela! They were married on November 2nd. We wish them both a wonderful life together!

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