

Kagami

The Newsletter of the Jikishin-Kai International



Kagami Production:

Executive Advisor:

*Masayuki Shimabukuro,
Hanshi*

Advisor:

Carl E. Long, Renshi

Editor:

Erik A. Johnstone

Assistant Editor:

Adrian Smith

Inside this Issue:

From the Editor's Desk	2
Kakegoe	3
Training Guidelines	4
Iaijutsu is Life!	5
Dojo Spotlight	6
A Whack on the Side of the Head	7
News & Announcements	8
"Masters of the Rising Sun"	9
Upcoming Events & Seminars	10

Kagami - Summer 2007

Volume 2, Issue 2

Shikai: The Enemies of the Samurai by Masayuki Shimabukuro, Hanshi

For samurai striving to live at their highest life condition, there were four major afflictions that they were required to guard against. Collectively, these are referred to as "shikai", the "four warnings" or "four admonitions", and were seen as great detriments to the attainment of the skills required of a samurai. The shikai are: Kyo – surprise; Ku – fear; Gi – doubt; Waku – confusion.

Kyo, or surprise, creates a disruption of the mind as well as the effective action of the body. This can result in one being frozen in place, unable to think clearly, make effective decisions or act. Those that are easily surprised are prone to mistakes. Kyo is the result of a lack of heijoshin.

Ku, or fear, also freezes one's mind and body. Fear, even at a mild level, inhibits one's ability to remain relaxed, therefore interfering with clear thought or action. In worst cases, extreme fear can manifest in involuntary shaking, rendering mind and body unable to respond and completely impairing one's ability to act at all. For samurai, fear was the absolute worst enemy. Conversely, a particularly skillful samurai could use ku to his advantage, by drawing it out in others. He might accomplish this by projecting relaxed, positive energy, remaining calm even in the face of overwhelming odds and offering no tsuki, or openings. Obviously, a major source of fear is the possibility of death. For a samurai, this was unacceptable, especially given his role in society. As such, a samurai strove to eliminate the fear of death by accepting the reality of his death at any given moment.



(continued on Page 3)

From The Editor's Desk *by Erik Johnstone*

Welcome to the Summer 2007 issue of Kagami! We are now a few weeks from the end of what has probably been a very busy summer season for all, and as you can see, we are somewhat late with the release of this issue. We are nearing the end of beach season (a big deal here on the Rhode Island shoreline) as well as the many other warm weather activities that folks around here usually engage in. As a related aside (and as an update for Jerome Wellbrock, Sensei, who made sure to remind me to follow up on taking my kids fishing), my boy and girl landed their first "stripers" a month or so back! I hope that everyone else has also been having a great summer as well.

Summertime also usually means a number of training opportunities. The foremost JKI event of the season was, of course, the 2007 JKI Gasshuku, which was held in San Diego on August 4th and 5th. As anticipated, it was a tremendously valuable learning experience and an all around great time! A report of the Gasshuku will be included in the Fall 2007 issue of Kagami. The next major JKI events on the docket are Carl Long Shihan's visits to Costa Rica and to Rhode Island for regional seminars, to be held September 7th through 9th and September 15th and 16th, respectively.



Looking forward to the Fall, Shimabukuro Sensei will be in Purchase, New York for a performance/demonstration on October 6th by members of the Hokubei Shihankai entitled "Masters of the Rising Sun – The Soul of Traditional Karate-do." We have recently been informed that, in addition to his participation in the Hokubei Shihankai performance, a special seminar date has been added to that weekend, with Shimabukuro Sensei teaching a JKI seminar in Beacon, NY on October 7th. We encourage all JKI members in the region to attend! Further information on this seminar, as well as other upcoming events, can be found elsewhere in this issue.

This issue also includes three articles by Shimabukuro Sensei; I am sure that everyone will find them both informative and insightful, as ever. In addition, our dojo spotlight for this issue focuses on Greg Noble Sensei and his dojo in West Virginia. This issue also features contributions from JKI members from Costa Rica, Pennsylvania and once again, right here in New England. We hope that you enjoy our summer issue!

Once again, we offer our thanks to everyone who contributed to this issue, whether in the form of articles, images, or editorial support. I also want to include another special thanks to Robin Everett-McGuirl, of Shindokan Budo (and recent graduate of the Rhode Island School of Design), for providing yet another original illustration, this time of the legendary second duel between Muso Gonnosuke and Miyamoto Musashi, for use in the Kagami (please see the last page of this issue). By the way, Mr. McGuirl has offered t-shirts featuring such illustrations, including the illustration featured in the previous issue of Kagami. Should you be interested, please contact either myself, or Robin at rippermcguirl@cox.net for details.

We are hoping to release the Fall issue in mid October, and respectfully request and encourage any submissions that you may be willing to contribute. Also, please inform us of any upcoming JKI seminars that your dojo may be sponsoring so that announcements can be included on our Events and Seminars page. Additionally, we are in need of a new crop of images for use in future issues of Kagami. If you have any that you might be willing to share, it would be greatly appreciated. As ever, we welcome involvement from everyone out there!

Shikai (Continued from Page 1)

Such acceptance enabled a samurai to act more effectively, and offered a greater chance of success in combat, even against a more skillful opponent.

Gi, or self-doubt, can be rooted in fear. If one finds himself faced by a strong opponent, perhaps an opponent who offers no openings, one may be unsure of what to do. This can lead to doubt in one's skill or technique, and therefore, one's ability to defeat one's opponent, and as a result, one defeats himself. We see this today in our own training. An excellent example may be seen when one stands for promotion testing. If one doubts one's own ability, the possibility of his or her success diminishes greatly.

Waku, confusion, is the fourth aspect of shikai. Confusion creates hesitation and bewilderment (tomado), and perhaps loss of proper timing in an exchange with an opponent. Additionally, waku inhibits one's ability to exploit mistakes or openings on the part of an opponent, therefore perhaps the only chance to defeat him. In our modern era, we see the result of waku wherever we see traffic accidents!

While shikai were certainly enemies that a samurai strove to conquer, they are no less enemies for us in our daily lives. We too must strive to overcome shikai by employing the concept of "imashimeru", self-warning or admonishment, in our training. We must remember that anything can happen at any time, and this is something that we must accept. We must learn to fear nothing through the development of courage, and eliminate doubt through the development of confidence in our abilities. We try to accomplish these goals through long-term, sincere training.

Kakegoe by Masayuki Shimabukuro, Hanshi

Practitioners of Japanese and Okinawan martial arts are most likely very familiar with the meaning and concept of "kiai." However, there is another, lesser known Japanese term that is related to kiai called kakegoe, or shouting voice.

In Japanese martial arts, kakegoe is divided in three categories, called mittsu no koe, or three voices. The first is kakegoe that takes place prior to the initiation of an action. The next category is middle kakegoe, or kakegoe that takes place during and action, and finally (and by now, obvious) is kakegoe that happens following an action.

Kakegoe is charged with energetic value; it indicates heart or spirit. From the perspective of budo, kakegoe has many purposes. These purposes include using kakegoe as a tool to encourage oneself or to fill oneself with spirit to overcome fear or to draw more power. Kakegoe can also be used to try to disrupt the rhythm and tempo of an opponent, such as in a Kendo match or a bout in a Karate tournament. Through strong kakegoe, an opponent might feel one's power, causing doubt on the part of the enemy. Kakegoe may be used to surprise and confuse an enemy, causing him to freeze, even if only momentarily. Kakegoe can also preempt or disrupt an enemy's attack. One may also employ kakegoe to force a hasty or incorrect movement from an enemy, or perhaps even to draw his attack, leading him into a trap.

Whatever the purpose, it is very important that kakegoe be natural; one should not have to think about it, or force it. Proper kakegoe can only be delivered through diligent training.

One more point concerning kakegoe is that it is sometimes internal, with no sound (mu sei) emitted whatsoever. This is a very natural but highly developed skill. It reflects a very advanced level of attainment in budo, and is the product of highly polished technique and a strong, focused mind.

Guidelines for Proper Study by Masayuki Shimabukuro, Hanshi



In a previous issue of our newsletter, I discussed the essential qualities that are necessary in a good martial arts instructor. In this issue, I would like to continue the theme by outlining the essential requirements for the correct study of Japanese sword arts.

A primary precept or attitude of training in Iaijutsu is that the teacher teaches and the student must practice diligently in order for changes, in the form of technical and personal growth, to occur.

Always make sure to inspect the mekugi (training peg) in your iaito or shinken prior to each practice or training. The mekugi should be clearly visible on each side of the tsuka and be in good repair. The

required equipment of any activity requires maintenance; this is especially important in the study of swordsmanship. Iaito or shinken that have not been properly cared for can cause serious injury or even death. A loose or worn mekugi can result in the separation of the blade from the tsuka during practice. A student of Iaijutsu must take the possibility of danger very seriously; this understanding must begin with the proper care of one's sword.

Please pay close attention to reishiki. Reishiki refers to proper etiquette, but it also means "how to do" something. Some of the elements that must be closely observed during practice include proper katana no nigiri kata; correct te no uchi; breathing; footwork; diligent practice of the fundamental elements of iai (nukitsuke, kirioroshi, chiburi, noto); and metsuke. For example, with regard to te no uchi, the tsuka must not be held too tightly. Also, it is important to remember that shibori is an essential component of te no uchi. An understanding of metsuke, the direction of one's gaze, is also important in one's practice. I have noticed that following kirioroshi, the metsuke of many students is directed at the floor for too long a period of time; it seems they are paying too much attention to a dead body. Metsuke, through good zanshin, must account for the possibility of additional opponents.

Kihaku is very important in the practise of waza. While this cannot be forced or created artificially, the concept of kihaku must be kept in mind.

Employ metori geiko, or "watching" practise in your studies. Metori geiko is conducted when watching someone demonstrate iaijutsu or other budo. This should be approached with seriousness. Be sure to watch for good elements in another's demonstration. Do not, however, waste time and effort by judging or finding fault. This is a negative approach.

All practitioners, students as well as instructors, must have an attitude of 'kenkyu' or research. This means that one must strive to understand the "whys" of waza and the methods of the ryu.

Never forget shoshin, beginner's mind. This applies to everyone. Additionally, always have kenkyo, humility. This applies to everyone as well.

Iaijutsu is Life! *by Patrizia Gallo*

When asked by others about the art that we study, we tend to respond with great enthusiasm. However, we are not trying to empower our art with more importance and attributes than it already possesses. We have all have experienced many of these attributes to some degree. In my opinion, it is beyond question that training in Iaijutsu assists us in our daily lives. It makes us strong, self assured, gentle, controlled, balanced, healthy, analytical and positive in ways that are often hard to describe. In a nutshell, Iaijutsu can change our lives so much, that one can say without hesitation that Iaijutsu can “grant” life; one might even say that it can also have the power of returning life itself. This is especially the cases where hope may be scarce, motivation lacking, goals absent and the future somewhat uncertain.

In our case, with a background in other artistic disciplines such as music and classic ballet, the transition into traditional martial arts wasn't all too difficult from the standpoint of the execution of the refined movements that constitute Iaijutsu waza. We discovered, however, another aspect that perhaps only few are aware of and that even less are able to spread to others. This discovery is the unquestionable fact that at the dojo we have the priceless opportunity to help mould people into more complete individuals; of sculpting men and women of substance, social stature and philanthropic inclinations. We are able to help develop leaders, those who are likely to spin the world rather than spin with it; people that are willing and able to make a difference.



At Katabami Budokan, we are most fortunate to have an excellent model of such qualities. This model is Dale Scott Sensei, a highly valued member of our dojo. Scott Sensei (pictured at left with the author) is a man that constantly fills us with his energy and continuously motivates us to challenge life and strive to help build a better world. Born in Kansas, Missouri 71 years ago, he retains an everlasting youthful smile. Scott Sensei has been a martial artist from his very youth, and now holds the ranks of Godan in Isshin-ryu Karate and Okinawa Kobudo and Shodan in Shito-ryu Karate. His Karate resume is impressive, having trained under Tatsuo Shimabuku Sensei, the Founder of Isshin-ryu, as well as Angi Uezu Sensei, studying both in Okinawa and the United States. Now he's here in Costa Rica with us!

Despite experiencing some limitations with respect to Karate practice, Scott Sensei remains ever the enthusiastic student of martial arts. He strives to overcome such obstacles in an effort to achieve something that completes and compliments his very existence. He says that “forty years in an Okinawan tradition makes it challenging to transition to the Japanese way of the martial arts. But the attention paid to detail in Iaijutsu is stimulating. My objective is to enjoy the meditation of solo Iaijutsu practice and carry it into my later years. A well equipped and spacious dojo, excellent instruction and my new found Katabami family are all unexpected bonuses.”

Scott Sensei is highly regarded in the dojo. Some look up to him as a father, some as a grandfather. Alberto Paris Sensei jokingly says that he would love to “adopt” a person such as Dale Scott! He says that he would be thrilled to have a son as pleasant, positive and wise as Scott Sensei, with all of the outstanding life experience that has filled his mind and soul (and of course without having to worry about having to pay for college tuition!) With an immeasurable amount of knowledge, he is also well acquainted with Masayuki Shimabukuro Sensei and has known him for many, many years. This frequently turns any given class that we are lucky enough to share with him into a mutual exchange of experiences, benefiting us all.

Through our recently-initiated regular television segment, we are trying to spread this message to a broader audience with great success. People are beginning to understand that in our dojo we teach more than movements.

(continued on Page 11)

Dojo Spotlight: West Virginia Aikido/Kushinkan Dojo by Gregory Noble & E. Johnstone



The Dojo Spotlight for this issue of Kagami features West Virginia Aikido/Kushinkan dojo and Greg Noble, Shibu-cho.

Greg Noble was born in 1970 in Charleston, West Virginia. He began practicing martial arts when he was 7 years old, starting with several forms of Karate-do. In 1985 he began practicing Aikido under the late Fumio Toyoda Shihan, founder of the Aikido Association of America. Through the study of Aikido, Noble Sensei became interested in Iaido and in 1990 he began practicing Iai Tate-do through the All Japan Iai Tate-do organization under Kiyoshi Yamazaki Sensei.

In 1999 looking for further instruction in Iai, Noble Sensei found Carl Long Sensei and attended his first seminar with both Long Sensei and Masayuki Shimabukuro Hanshi. The depth of knowledge and sincerity of the members of the JKI made the decision for Noble Sensei becoming a member dojo an easy one. Following the seminar with Shimabukuro Hanshi and Long Sensei, Noble Sensei began hosting seminars with Long Sensei in West Virginia, covering MJER Iaijutsu as well as Shindo Muso-ryu Jojutsu.

West Virginia Aikido/Kushinkan dojo is a Shibu-dojo within the Jikishin-Kai International. Noble Sensei, graded as Nidan in Muso Jikiden Eishin-ryu, is also graded in Aikido as Yondan (Aikikai) and serves as Chairman of the Aikido World Alliance (AWA) and as a member of the National Technical Committee under Andrew Sato Sensei. Noble Sensei conducts aikido seminars on behalf of the Aikido World Alliance during which he also introduces MJER to dojo-cho of the AWA. Several AWA dojo in Indiana, Arkansas, Texas and Ohio have become study groups in MJER. Recently, Noble Sensei returned from Sofia, Bulgaria where he taught an aikido seminar for Edward Germanov Sensei, Chief Instructor for the Bulgarian Aikido Association. Noble Sensei taught a MJER class to Germanov Sensei's students who currently study Muso Shinden-ryu. The Bulgarian Aikido Association was very impressed with the JKI style of MJER. Noble Sensei hopes to help spread MJER as taught within the JKI to additional Aikido World Alliance dojo to help complement their aikido training.

In addition to Muso Jikiden Eishin-ryu Iai Heiho, the arts currently practiced at West Virginia Aikido/Kushinkan dojo include: Shindo Muso-ryu Jojutsu (JKI) and Aikido (through the Aikido World Alliance). Within the last two years, Kushinkan dojo has also formed a study group in Rinzaï Zen to complement the Budo training.

Noble Sensei extends an invitation to any JKI members that happen to be visiting his neck of the woods to please stop by and train with them. You can contact Noble sensei at info@wvaikido.com. Please be sure to visit their recently redesigned (and very impressive) website at www.wvaikido.com. The website also includes a discussion forum that you may want to check out.

A Whack on the Side of the Head by Rick Alexander



It is said that Zen practitioners sitting zazen can become overly focused on their throbbing legs and ankles or even begin to nod off to sleep during long meditations. Apparently, there is a mediation master or leader whose job it is to remind the practitioner to stay alert. This is accomplished by a small whack from a cane or stick. Sometime ago, I promised Johnstone Sensei an article about things I've learned from the practice of Karate and Iaijutsu. Consider this small offering my whack on the side of the head!

- Has the study of empty hand and Iai helped me reach a new level of self-realization? Yes! Did I start out thinking it was going to be some sort of mystical journey or revelation? No. I just thought it was a cool thing to do.
- The study of Budo has taught me patience in trying to learn sometimes easy and sometimes very difficult moves.
- I've learned to laugh at myself more.
- Practice has increased my sense of "quiet confidence". That quiet confidence lets me stay still during life's turbulence and helps me see what the next move should be. And that's not just for the dojo.
- That same confidence leads me by an invisible hand to compassion because I see that most people are trying to do

and be their best most of the time.

- That compassion helps me to be slow to anger, because anger is a self-indulgent luxury I can't really afford.
- When it really comes down to it, there is a kata for almost everything in life, not just for combat.
- You have to go to the dojo and train, even when you don't feel like it. People who quit rarely make it back and have all kinds of excuses. So don't quit.
- Natural ability is a great gift. But it's not everything. I'll take a person with sincerity and a good attitude any day. They'll have the patience and spirit to deal with the frustrations and not quit because their abilities won't always carry them.
- Women have taught me a lot in the dojo. They've taught me that technique and grace are more important than muscle (and I'm still struggling with this). However, I and the other men in the dojo might have taught them to push themselves a bit more than they might have otherwise.
- Sometimes there are practices where I do very poorly. I just can't seem to get the waza or project the attitude or spirit that Jeff Driscoll Sensei (pictured with the author) is trying to draw out of me. But he never gets angry with me. He just keeps moving forward and expects me to try. I always try to remember that when dealing with lower ranked students who are struggling as well.
- Nobody is too highly ranked to clean the dojo...especially the benjo.

News & Announcements

Shimabukuro Sensei on Black Belt Magazine Cover

As many are aware, Shimabukuro Sensei is featured on the cover of the September 2007 issue of Black Belt Magazine! The issue includes an article by Long Sensei, accompanied by numerous photos of both Shimabukuro Sensei and Long Sensei. Additionally, the October 2007 issue, on news stands now, features an article on the Kodachi and its place in Eishin-ryu. Please be sure to encourage Black Belt Magazine to continue to feature articles and columns covering traditional budo by picking up issues featuring such coverage at your local news stand!

New DVD Series

Shimabukuro Sensei and Long Sensei have recently completed filming of a new DVD series on the Muso Jikiden Eishin-ryu Iai-jutsu batto-ho waza and kumitachi. Produced by Black Belt Magazine, these DVDs should be available in the fall of 2007. Keep an eye out for further announcements!



JKI Budo Store

The Jikishin-Kai Hombu has launched the new online JKI Budo Store located at <http://jkibudostore.com>. The site currently offers books (Flashing Steel & Katsu Jin Ken: Living Karate) and DVDs (the Shito-ryu Karate series) authored by Shimabukuro Sensei. Additional items are planned to be added in the future. Should your dojo have a website, it would be greatly appreciated if you added a link to the JKI Budo Store.

Sakura Budokan E-Store

As many are aware, the Sakura Budokan website has an online store featuring a full line of iaito, shinken, cleaning kits and many other items necessary for the study of budo within the JKI. Please be sure to visit and register at <http://sakurabudokan.com/store/>. Please be sure to add the link to your website!

Video Bio of Shimabukuro Sensei

Initially presented in conjunction with his being named Weapons Instructor of the Year for 2006, Black Belt Magazine has posted an online video biography of Shimabukuro Sensei. If you have not yet seen it, be sure to take a look at <http://www.blackbeltmag.com/styles/iaido>.

Shimabukuro Sensei to Participate in “Masters of the Rising Sun” by E. Johnstone

The Hokubei Karate-Do Shihankai (Japanese Karate Masters Association of North America) was founded in 1994 to promote “an understanding of the principles of traditional Japanese martial arts, both technically and philosophically.”

As one of the Founding Members of the Shihankai, Masayuki Shimabukuro, Hanshi, (pictured at left along with Morio Higaonna, Shihan, Goju-ryu Karate-do and Tomohiro Arashiro, Shihan, Ryuei-ryu Karate-do) will be taking part in the Hokubei Shihankai Budo Sai on October 5th and 6th, 2007 in Purchase, New York. The event will consist of a Welcome Banquet on October 5th and the Hokubei Shihankai Black Belt Championship on October 6th.



Additionally, the Budo Sai will include “Masters of the Rising Sun - the Soul of Traditional Karate-Do”, a “historic performance” by the Shihankai’s founding members, to be held on Saturday, October 6th at 6:30 p.m. at the Performing Arts Center at Purchase College – State University of New York. The presentation will also include a live performance by Taikoza.



The “Masters of the Rising Sun - the Soul of Traditional Karate-Do” is described as a “world premier event.” Currently available literature states that “never before in the history of the martial arts have so many masters of various styles shared the stage and co-sponsored such an event.” Collectively, the members of the Shihankai represent some of the most important styles of Karate-do, including Goju-ryu, Ryuei-ryu, Shito-ryu, Shotokan and Wado-ryu. In addition to Shimabukuro Sensei, founding members of the Shihankai include many notable Karate-do luminaries such as Tomohiro Arashiro, Fumio Demura, Morio Higaonna, Hirokazu Kanazawa, Takayuki

Kubota, Takayuki Mikami, Hidehiko (Hidy) Ochiai, Toshio Osaka and Gosei Yamaguchi, to name but a few.

For information regarding reservations, tournament registration and accommodations, please visit <http://MastersOfTheRisingSun.org>.

Upcoming Events and Seminars

Shimabukuro Sensei Book Signing

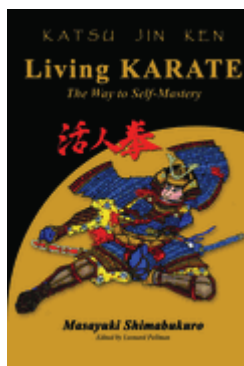
September 2nd - Pasadena, CA, 1:00 pm to 3:00 pm

Host: Pacific Asia Museum

Phone: 626-449-2742

email: hq@jikishin-kai.com

Shimabukuro Sensei will be on hand for a special book signing for his recently released book *Katsu Jin Ken: Living Karate* at the Pacific Asia Museum, located at 46 North Robles Avenue in Pasadena. Admission to the museum is \$7.00 for adults and \$5.00 for students/seniors. Admission for children 11 and under is free. A reception with light refreshments will take place immediately following the book signing. Free parking is available in the lot adjacent to the museum.



Iaijutsu Seminar

September 7th, 8th & 9th - Costa Rica

Instructor: Carl Long, Shihan

Host: Katabami Budokan

Contact: Patrizia Gallo

San Jose, Costa Rica

email: katabamibudokan@prodanza.com

Iaijutsu & Jojutsu Seminar

September 15th & 16th - Rhode Island

Instructor: Carl Long, Shihan

Host: Shindokan Budo

Contact: Erik Johnstone

Phone: 401-474-2568

email: eajohnstone@cox.net

Note: This seminar is a major regional JKI event for north-eastern dojo; attendance is encouraged!

Iaijutsu Seminar

October 7th - Beacon, New York

Instructor: Masayuki Shimabukuro, Hanshi

Host: Carl Long, Shihan

Contact: Carl Long

Phone: 570-288-7865

email: clong@sakurabudokan.com

This special seminar date that has been added to Shimabukuro Sensei's visit to the Northeast for the Hokubei Shihankai's "Masters of the Rising Sun" performance in Purchase, NY. This will likely be Sensei's only visit to the eastern U.S. this year; it goes without saying that JKI members in the east are strongly encouraged to attend this event!

JKI Instructor Seminars

Dates to be Announced

Instructors: M. Shimabukuro, Hanshi & C. Long, Shihan

Host: JKI Hombu Dojo/Sakura Budokan

Contact: Carl Long

Phone: 570-288-7865

email: clong@sakurabudokan.com

Typically held in the second half of November (Sakura Budokan, Kingston, PA) and early December (JKI Hombu San Diego, CA), these annual JKI Hombu-sponsored instructor seminars represent essential training and instructional opportunities for JKI Instructors of all levels. They are also always a great time! Please be sure to check the JKI and Sakura Budokan websites for announcements...and keep your calendars open!

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: eajohnstone@cox.net

Iaijutsu is Life! *(Continued from Page 5)*

We teach that all of the techniques are part of the arsenal required to achieve a goal, and that this goal is not necessarily the same for all of us. When asked, we make reference to that phrase that many of you may remember: "We polish souls." Many understand for they know the origin of the expression. This is what we strive for in Iaijutsu: to help polish personalities; to help change priorities within people with respect to family and society; to help develop service-oriented people who can understand gradually that we are more than just individuals and more a part of a bigger picture, a picture that also includes nature as all and as one.

We are just starting to walk along this path, and while we frequently won't be satisfied with the results of our training, we know that there is always the possibility for improvement. But, one thing that we all agree upon is that we are grateful for the opportunity of trying.

Salutations to those who share our passion for life!!!

Jikishin-Kai Int. Hombu Dojo
Masayuki Shimabukuro,
Hanshi
5505 Clairmont Mesa Blvd.
San Diego, CA. . 92117
Phone: 858-560-4517

Kagami Contact Information:
Erik Johnstone, Editor
Phone: 401-474-2568
E-mail: eajohnstone@cox.net

Jikishin-Kai.com

