



SHINKI NEWS

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Soke's Word

Text: Michael Daishiro Nakajima



Dear Shinkiryu members, dear friends,

It's becoming increasingly clear that more and more countries are led by autocratic politicians and rulers who recklessly accept unnecessary suffering, even to the point of death. It's frightening that these seemingly egomaniacal individuals receive so much support and influence so many people with their attitudes. It's bad enough that many are gradually becoming immune even to obvious evil. For example, when a country arbitrarily attacks its neighbor militarily without its own country being attacked, that's an evil that doesn't become any less evil just because the fighting lasts longer. The opposite is true when you consider all the people who die, especially the children who are murdered because an overpowering country strictly rejects a ceasefire. **How can one—especially as a Budoka—become more or less sympathetic to such a country and such a politician? Would one prefer to live in such a country and under such politicians, or rather like here, where there is certainly much to criticize, but one can still live somewhat in the spirit of freedom and democracy? I, for one, would not prefer or even accept a dictatorial government, and I hope that the Shinkiryu members are on my side in this regard. If that is not the case, it is certainly a major problem for me. For that would no longer be the Budo I represent. Please consider that the true Budo spirit demands that we support the weak and not give in to tyrants.** Would Hitler himself have stopped conquering if there had been no resistance from the countries, even with weapons? Wasn't Pope Pius XII more or less rightly attacked for not having criticized National Socialism clearly enough?

I see the tendency to cover up the evil, also reinforced by conspiracy theories and media manipulation. But how can we protect ourselves from it? Just this evening (August 12, 2025), I saw on the 8 p.m. Tagesschau how the ARD team is trying to find out the facts about the Gaza region in the midst of the propaganda war between Israel and Hamas. The team also includes Palestinian reporters who still report from the Gaza region today, and with whom the German correspondents had built a good relationship. Nevertheless, they are trying not to rely entirely on trust, but rather to find the facts. And that is no easy task in a territory they themselves are not allowed to enter.

One way to get closer to the facts is, of course, to compare different news reports, through which one can at least find a certain degree of agreement and whose credibility one can reasonably assume. For me, as a reader of not only German but also Japanese newspapers, the situation is somewhat more favorable. There are Japanese correspondents who courageously report from war zones, or the Japanese members of Doctors Without Borders who recount their experiences. But even there, of course, there can be inaccuracies. It's also a question of how far one can trust the people who tell all this. But when we say "credibility" or "trust," we transcend the realm of facts. They have to do with a person's personality or character. Yet it would be very sad and even tragic if we couldn't trust someone—at least someone close to us. We've observed that some human relationships have been broken by the coronavirus pandemic and the question of vaccination. Indeed, trust can sometimes also be ruined by financial issues, as some inheritance disputes demonstrate. Even in the samurai era, there was a great deal of betrayal because people wanted to gain an advantage for themselves. This means that they prioritized their own gain over human quality and dignity. And this is precisely one of the reasons why I respect and love Lord Uésugi Kenshin (1530-1578). He helped those rulers whose lands were conquered by more powerful rulers, but even in the event of victory, he did not remain in those lands and did not want to expand his sphere of influence.

Obviously, it's not enough to see the human spirit as the ultimate basis of trust. But how can we achieve such credibility that a friend of mine can say, "He wouldn't betray me even if he himself had to die"? Yes, "I learned that Bushido means to die" (in the book Hagakure). Dying for the "Way" goes far beyond normal humanity. If we could all adopt this attitude, we could also correctly assess many—if not all—news stories and offer our friends the anchor of trust. Hence, "sitting devotedly," as Dogen said.

Remarks

Examination Fee

Until now, it was up to the trainer or candidate to decide whether to transfer the fee themselves or have us collect it. From now on, I ask examiners to either transfer the fee themselves or have the candidates transfer it. It was unclear when we should collect it, and this repeatedly resulted in bureaucratic clarification. I therefore ask the trainers and examiners to take responsibility for this, for which I sincerely thank them. I will only issue certificates once the fee has been received. The transfer should always be made to the dojo account (Volksbank Kirnau-Krautheim, shown on the back of every ID card), and only to the ComDirect account if expressly requested. In the latter case, I must forward part or all of the amount to Aikido or Daitoryu Honbu.

If an association covers such fees and therefore requires an invoice from us, that's the exception. But generally speaking, it would be much easier for our organization if individual members personally bore the financial responsibility.

Shinki-Toho Grading

The general rule is that content should precede form. If the content of an exam lags behind the level, even if the external forms are correct, then you fail the exam. (By the way, I think it's wrong to say you only want to take the exam if you're certain you'll pass. That wouldn't be an exam. You have to be prepared to possibly fail, even if that makes you sad or you think you'll lose face. That's also part of "dying" in Bushido.) When it comes specifically to Shinki Toho, it's important to know that the Shoden grade corresponds to the first dan of Aikido or Daitoryu. And the Chuden grade corresponds to the third dan, etc. Especially because it involves a weapon that is inherently dangerous, the content must be all the more precise and ki-filled. So there's no point in rushing ahead. We don't need empty forms.

Seminar Reports



Shinki Ryu Aiki Budo Lehrgang

12-17 June 2025 in Sibiu, România with Arkadiusz Paluszek

Photos: Alexa Ramming / Text: Nathalie Lang

A course like yin and yang: hard, soft and yet united.



In July, a six-day seminar led by Arkadiusz Paluszek took place in Sibiu. All disciplines were practiced, but a special focus was placed on Daitoryu to commemorate this year's anniversary. Our Romanian friends, once again, proved to be extremely welcoming hosts, both on and off the seminar mat.



Shinki-Zen: The Holy Spirit and Nonviolent Communication

To accompany the meditation, Arek came up with something special for this seminar. Instead of the brief reflections usually shared before a group meditation, he used a flip chart to deliver longer and shorter lectures on the Christian perspective on meditation, but also on togetherness and life. The leap from Master Yoda, who advocates gentleness and love in the Star Wars films, to the Holy Spirit, who reminds us to see our own faults, is smaller than one might think at first glance. Arek also gave a very lively presentation on nonviolent communication and how certain areas of the brain are responsible for our emotions. The philosophy behind this was also reflected in the subsequent training sessions.



Daitoryu and Aikido: Effective and Creative

Because of this year's anniversary, we did extra Daitoryu training for our friends in Hokkaido. The goal was to cover all the dan techniques from the exam program. Despite this tight schedule, there was still room for creativity. For example, both Aikido and Daitoryu qualifications were occasionally expanded with elements from Brazilian Jiu Jitsu. These were part of lessons that enable effective self-defense in real, dangerous situations. It became clear once again how enriching seminars are when it comes to training with different people. Regardless of size, strength, and age – when applied correctly, every technique can achieve its full effectiveness. Shinki Toho: Life is full of trials



For the sword, the main focus was on the Shoden program. This included practicing not only the techniques but also the formal examination procedures. Numerous rounds and a final presentation of prospective examinees to the course participants created a diverse teaching and learning experience. There was ample opportunity for comments from all observers, and the often positive and always helpful comments allowed us to look forward to future examinations with optimism. In summary, we were all able to successfully learn in three ways: observing, performing, and demonstrating.





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Text & Photos: Nathalie Lang



Text & Photos: Alexa Ramming



Aiki-Budo Seminar

5-6 June 2025 in Munich with Nakajima Sensei

Photos: Kristina Tomašević, Text: Gerhard Scheitler





It's now the twenty-eighth anniversary since Nakajima Sensei gave an Aiki-Budo seminar here in Munich at the beginning of July. And it was hardly surprising that this particular weekend, like so many times before, had wonderful summer weather.

25 aikidoka from Germany attended the seminar, as well as three Aikidoka from Slovenia.

On Saturday at 10:30 a.m., Nakajima Sensei opened the seminar with Aikido techniques, and after about an hour, the focus shifted to Daitoryu.

Sensei emphasized, as he has so often, the importance of experiencing Ki and then learning to use it. Only when Uke has this ki experience is he able to correctly assess Nage, and teachers should have developed good Uke qualities in order to respond appropriately to students. It should be noted that the experience of Ki is ultimately a gift and cannot be forced by our will.

In the afternoon, at 3:30 p.m., after a shared Italian lunch and lively discussion among the participants, we continued with meditation. Sensei explained that Mu and Ki are ultimately two sides of the same coin.

After meditation, we first practiced Daitoryu for an hour, followed by Aikido. We ended Saturday in a nearby Greek restaurant in summery temperatures.

On Sunday, we began meditation at 10:30 a.m.

Sensei told a famous story about Master Hakuin, which I would like to share with you here:

The Zen master Hakuin Ekaku was very popular in his neighborhood. He was praised for his pure way of life. A young and beautiful girl lived nearby. Her parents were merchants. The girl became pregnant. She was unmarried. She didn't want to reveal the child's father's name. Her parents wouldn't let her rest, so she claimed: "Hakuin is the father of my child."

Disappointed and extremely angry, the parents went to the master. All he said in response to the accusations was, "Is that so?"

The child was born. The angry parents of the new mother brought the newborn to Hakuin. Hakuin had since lost his good reputation. He was considered a depraved creature. However, this didn't seem to bother Hakuin.

The girl's parents called out: "Here, your child!"

"Is that so?" was all Hakuin said.

He took the baby in and cared for the little child well.

A year passed. The young mother could no longer bear it. She confessed the truth to her parents. The father of her child was a poor, young fisherman, not the Zen master Hakuin. The young woman's parents immediately went to Hakuin.

They tearfully begged for forgiveness. They were so incredibly sorry. Could they take the child home with them? Hakuin agreed. He handed the child over to them.

With tears streaming down their faces, they thanked him again and said, "You are such a pure person! A true master!"

All Hakuin replied was, "Is that so?"

Sensei asked how we would react to such a situation in comparison, as a metaphor for everyday situations.



Afterwards, we intensively practiced a session of Aikido and a session of Daitoryu. Many thanks to everyone who attended, and a special thank you goes to Kristina, Martin S., and Volo for their support with the organization. Next year's course is already planned for the weekend of July 4-5, 2026. Anyone who was unable to attend this year due to illness, for example, will have another chance to come to the city with heart in 2026. We look forward to seeing you!



Photos: Kristina Tomašević



Text: Gerhard Scheitler



Summer Seminar Oldenswort

28 July to 2 August 2025

Photos: Arian Wichmann and Nicole Knudsen, Text: Nicole Knudsen



This course report is a monologue. I think about what Duncan said in the meditations, what it did to me and what it did to me in the hours and days that followed.

Sunday:

Set up the mats. Think again: where did the blue mats go, the small ones and the large ones? Are they all positioned correctly? Is the Kamiza standing upright, and is the kitchen clean? There are still some dish towels missing. Don't forget the matches for the candle. Before the anticipation comes the organization. The calm before the storm. Then the most important thing: Will the hall be able to fill with KI? It's ready, now everyone can come.



Monday:

In the beginning there was the truth. And a sentence that summed it up: We should surrender to the beginner's spirit, every moment. See every attack as something new and experience it anew. Devotion. That was another word that was used. More than once. It takes dedication to immerse yourself in the atmosphere of the summer seminar and to add to it what we call something like "family." Because that's what we were. So nice to see familiar faces. So nice to welcome new ones. "It's good that you're here" and "I've been looking forward to seeing you" - more than just words, a hug here, a laugh there. For a whole week we devote ourselves to one another. The four sword groups quickly found their place: Beginners, Shoden, Chuden, Okuden.

Tuesday:

On the second day the walls came. The ones we build around ourselves. The ones that let nothing in and nothing out. Whatever stays within the walls sticks to us. They are attachments. They irritate us when we attack, make the techniques harsh and shapeless. These attachments are like little ukes that stand next to us on the mat, sit on our shoulders, interfere with the technique. Especially when the technique consists of omission. Is supposed to consist of NOTHING. At the completely inopportune moment, in other words. It's only an ikkyo, why doesn't it work for everyone? Everyday thoughts are such ukes, the wandering, all of our own problems and worries that we bring onto the mat with us. They fill up the mat quite a bit. But as the training progressed they disappeared, the tatami became noticeably emptier. Pick up, let go. Now the kokyunage works too.

The others went out for fries that evening at the stall on the Eider dike. It was even dry.





Wednesday:

On Wednesday, the message was "clarity." Clarity of mind is needed to bring clarity to technique. Whether it is sword fighting or Aikido. The necessary clarity brings sharpness to the soft techniques. Clear entry, clear release, clear reception. Confrontation is no longer necessary. Meditation helps us find clarity for ourselves. Over the course of the third day, things became more colorful. This was due to the many tapes and plasters on our feet and hands. Fingers in blue, toes in pink, heels in yellow. Johannes and I were already puzzling over this new color theory. Could there be a secret message hidden behind it? By the evening, many people's strength was waning, and one or two techniques developed rather uncharacteristically, yet there was hardly any loss of energy on the mat. Perhaps the 15 degrees outside temperature and the heavy, persistent rain drove some people into the hall. Here, Duncan made us sweat. "Always move," he said, and not only during kaitenage. Constant movement was also the motto at Holli's evening fall class. Soft, silent ukemi. Not thundering onto the tatami like a log, but rolling like a ball. Many participated and were delighted by the opportunity to learn the more sublime fall, the dignified and harmonious roll.



Thursday:

A strain forces me to rest. Of all things. Just watching, listening, that's all I can do. Fortunately, it was the only day when nothing else worked; fortunately, there were no other injuries, no one. Sitting, on the other hand, works well. At least. Today, most people stay for meditation between sword and Aikido. Duncan emphasizes what a gift the power is that we can absorb and take with us through the universal energy. We should sit and meditate with joy. Then this universal energy accompanies us into training, into life. The same is true of the clarity that teaches us to set priorities for ourselves and for others. This joy was palpable, even in the strict Kumidachi forms. In the afternoon, Duncan said it all: the hall was noticeably filled with KI. That comes from practice. Of course. But not just any practice with lots of repetition, but practice with dedication, an intense search for content. Onegai shimasu. Should I say anything else about the Aikido techniques? It's always the same: drop, step in, no power, just KI. In the end, the technique doesn't matter. And yet: it's all in the details. Here the distance isn't quite right, here the arm comes in a little too late. The right timing, the timeliness, the clarity, the accent. Where are the paths? Where does something happen? The essence cannot be put into words. The Kotegaeshi becomes a revelation. Duncan went around a lot, from one pair to the other, correcting and giving encouragement. That meant plenty of time for everyone to practice. "Duncan, please look, the Tenchi Nage isn't working." "You have to move!" "Oh, I see."



Friday:

A short day. That means just one hour of swordsmanship, half an hour of meditation, and two hours of Aikido and Daitoryu. Johannes received a high award for his achievements in Shinkiryu in the form of a scroll that the Japan tour group had brought directly from the central dojo in Hokkaido. Congratulations, Johannes! After training, such a valuable Shiatsu massage from Katrin. The strain needs to go away. Now I know that I have meridians. They need to be freed. Katrin has healing hands (thank you so much). Then a quick shower and home, to prepare food for the wonderful and increasingly diverse buffet for our celebration in the evening – one of the course highlights every year. A thank you for all the culinary, musical, theatrical, and dance delicacies.

Saturday:

The last day. Training only in the morning today. Now it's time to give it our all. One more quick practice with as many people as possible. With everything that accompanied us throughout the week: the clarity, the depth, the structure. That was ten hours of Shinki Toho, five hours of meditation, twenty hours of Aikido and Daitoryu. The summer course is over. What have I, what have we added to the universal whole? Was it joy, devotion, a smile? That would be nice, wouldn't it. And now? Kamiza is stowed away, the mats have been taken down, the hall is cleared. So empty. Or is there still some KI in the air? There's still something lingering.



Text and Photos: Nicole Knudsen



Photos: Arian Wichmann







Summer Seminar in Edingen

14–17 August 2025 with Michael Daishiro Nakajima

Text and Photo: Laura Brosi

The summer seminar took place in Edingen for the second time from August 14-17. The program included all three Shinkiryu Aiki Budo disciplines, giving all participants the opportunity to deepen their knowledge.

Thursday evening began with a session of Aikido and Daitoryu, which was a good sample of what the rest of the seminar would bring, as it was one of the hottest days of the year. Friday began with another session of Aikido and Daitoryu, before everyone headed to the kitchen for lunch, where the salad buffet prepared by the Edingen participants was already waiting. In this hot weather, no one was hungry for anything more than salad.

After the lunch break, the afternoon continued with a Shinki-Toho session, which still got everyone sweating. The final part was a single Aikido lesson before the scheduled exam. After this, too, was successfully completed, we had pre-ordered pizza in the evening. The last item on the agenda was a spontaneous short walk to the ice cream parlor, where we had warned about the potential crowds at the beginning of the week. Sitting on the steps behind the town hall, we enjoyed the ice cream and the beautiful evening atmosphere, overlooking the Neckar River.

All three disciplines were also on the program on Saturday, and the warm weather continued. It was nice that a few participants showed up spontaneously, including a well-known 6th Dan in the area, a student of Tissier. He had actually only planned to participate on Saturday morning, but due to personal connections and because he seemed to enjoy it, he stayed in the afternoon for the Shinki-Toho session, which he watched with great interest from the sidelines.

In the evening we went to the restaurant for dinner together, where we could sit in the beer garden and relax.

On Sunday morning, there was another Aikido and Daitoryu session (where I had the wonderful opportunity to train with Xavier Raphaël). Afterward, everyone helped sort the almost 200 mats back onto the mat carts and tidy them away. The final harrowing was over on Monday evening with the return of the borrowed mats.

Overall, we had a great seminar with around 50 participants and can only look back on this event with satisfaction.



Text and Photo: Laura Brosi

Promotions

10 March – 18 August 2025

Aikido

10th Kyu	Duran, Noel	Wi-Sonnenberg	5th Kyu	Kelmendi, Leon	Leopoldshafen-JG
10th Kyu	Buck, Emma	Leopoldshafen-JG	5th Kyu	Ebbinghaus, Peter	VfL Ulm
10th Kyu	Dietz, Emma	Leopoldshafen-JG	5th Kyu	Mombrei, Rebecca	Ulm-Jablonski
10th Kyu	Geißler, Sheyla	Leopoldshafen-JG	5th Kyu	Bâgu, Paul-Ioan	Sibiu
10th Kyu	Hammad, Muhammad	Leopoldshafen-JG	5th Kyu	Bâgu, Victor-Gabriel	Sibiu
			5th Kyu	Ristea, Alexandru-Cristian	Sibiu
10th Kyu	Yilmaz, Cengiz	Pforzheim	5th Kyu	Scarlat, Stefan	Sibiu
10th Kyu	Efe, Fatma Hüma	Leopoldshafen-JG	5th Kyu	Sayer, Daniel	München
10th Kyu	Herlinger, Artjom	Leopoldshafen-JG	5th Kyu	Knappe, Birgit	VfL Ulm
10th Kyu	Kwasnitschka, Frederik	Leopoldshafen-JG			
10th Kyu	Mialkin, Liubomyr	Leopoldshafen-JG	4th Kyu	Seipel, Sabine	Wiesbaden
10th Kyu	Becker, Alexander	Turnverein Wössingen	4th Kyu	Göb, Julian	Karlsruhe KIT
10th Kyu	Gräbner, Jakob	Turnverein Wössingen	4th Kyu	Telehoi, Stefan	Sibiu
10th Kyu	Treskatsch, Linus	Turnverein Wössingen			
10th Kyu	Dindar, Sare Nisa	Turnverein Wössingen	3rd Kyu	Wohlleber, Sophia	Oberkessach
10th Kyu	Seeger, Alicia	Turnverein Wössingen			
10th Kyu	Garcia Rodrigo, Emily	Turnverein Wössingen	1st Kyu	Kaden, Mario	Dresden
10th Kyu	Schöffel, Lilienne	Turnverein Wössingen			
10th Kyu	Freyburg, Fine	Turnverein Wössingen	1st Dan	Pötig, Matthias	Großräschen
10th Kyu	Gümüs, Mira Su	Turnverein Wössingen	1st Dan	Thies, Enrico	Dresden
10th Kyu	Abu-Fayyad, Dana	Turnverein Wössingen			
10th Kyu	Wolter, Titus	Turnverein Wössingen	2nd Dan	Jung, Bernd	Dresden
9th Kyu	Osterhold, Juli	Wi-Sonnenberg	4th Dan	Regel, Ralf	Cottbus
9th Kyu	Schönig, Leonard	Wi-Sonnenberg	4th Dan	Jablonski, Andre	Ulm
9th Kyu	Shepelev, Philipp	Wi-Sonnenberg			
9th Kyu	Sushkov Zotov, Alex	Leopoldshafen-JG			
9th Kyu	Abu-Fayyad, Faris	Turnverein Wössingen			
9th Kyu	Roßberg, Lena	Turnverein Wössingen			
8th Kyu	Osterhold, Mika	Wi-Sonnenberg			
8th Kyu	Schönig, Philipp	Wi-Sonnenberg			
8th Kyu	Dernier, Paul	Turnverein Wössingen			
8th Kyu	Fesenbeck, Emma	Turnverein Wössingen			
8th Kyu	Seeger, Milena	Turnverein Wössingen			

Daitoryu Aiki Jujutsu

5th Kyu	Sayer, Daniel	München
4th Kyu	Dierschke, Franziska	Weimar
4th Kyu	Rosenberger, Helen	Cottbus
4th Kyu	Malec, Aljaz	Maribor
3rd Kyu	Link, Silke	Oberkessach
2nd Kyu	Oreski, Slavko	Maribor
2nd Kyu	Regel, Ralf	Cottbus
2nd Kyu	Schmid, Ilias	Ulm-Schmid
2nd Kyu	Wichmann, Arian	Weimar
1st Kyu	Biegholdt, Martin	München
1st Dan	Demachkovich, Volodymyr	München
2nd Dan	Dieterle, Michael	Oberkessach
Okugi 3D	Six, Nicolas	Oberkessach
Okugi 3D	Tomasevic, Kristina	München
Jun-Dairi	Downes, Nigel	Cottbus
Dairi-Kyoju	Buder, Claudia	Weimar
Dairi-Kyoju	Underwood, Duncan	Oldenswort

Seminars

2025

Seminars 2025

Sat, 27 – Sun, 28 September **Königheim: Ittoden Shinki Toho Seminar**
with M. D. Nakajima Soke
and Helmut Theobald Menkyokaiden

Fri, 3 – Sun, 5 October **Pforzheim: Aiki-Budo-Seminar**
with Claudia Buder

Sat, 18 – Sun, 19 October **Leopoldshafen: Aikido/Daitoryu Seminar**
with M. D. Nakajima Shihan

Sat, 8 – Sun, 9 November **Dresden: Shinkiryu Aiki Budo Seminar**
with M. D. Nakajima Soke

Sat, 15 – Sun, 16 November **Ulm: Aikido/Daitoryu Seminar**
with M. D. Nakajima Shihan

Arigato gozaimasu

Preview Shinki News No. 42

The next edition of Shinki News will be published in December 2025.

If you would like to contribute to Shinki News, please submit your contribution(s) to: shinkinews@shinkiryu.de and we will contact you to discuss the formalities.

Enjoy the autumn!
Shinki News Team.

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Rick Soriano



Nigel Downes



Johannes Hoffmann



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