



NWSE News

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Bojutsu 9-10 kyu exam, from the right:
Shelly Clouse, Marti Bartlett, Aerin Adrian, goreisha John Seaman

photo by Grace Marshall

Japanese terms: Gorei

The Japanese term 号令 (*gorei*) literally means "number-command", and we usually think of "gorei" as the count the instructor or warm-up leader gives (*ichi, ni, san, shi ...*) But in Shintaido the gorei is much more than just giving orders. It provides a rhythm for the practice, so that we can move together as a group.

When you "ride the gorei" you can use your teacher's and senpai's leading to go beyond yourself and experience new worlds.

Good keiko!

Lee

Upcoming events

Tai Chi Class 1:00-3:00 Wed Aug 24 in Bellingham with Ito-sensei.

Ito-sensei will show some of the Tai Chi training he has done in China, discuss similarities and differences between Tai Chi and Shintaido, and teach us a basic sequence.

Cost \$25, see Lee to sign up.

Kenko Taiso workshop with Ito-sensei in Langley Aug 27-28

\$110 for two days (arrange your own housing). For details see Lee.



photo by Grace

Summer schedule

Sunday 2:00-3:30 PM Elizabeth Pk, taught by John Bojutsu and open-hand Shintaido

Monday 1:00-2:00 PM Cong. Church Lee
Core muscles and Taimyo meditation

Monday 6:00-7:30 PM What Falls Pk John
Bojutsu and open-hand Shintaido

Thursday 2:00-3:30 PM Alabama Hill Pk Isabel
Intro. Bojutsu and open-hand Shintaido

Friday 6:00-7:30 PM Waldorf School Lee
Adv. Bojutsu and open-hand Shintaido

NWSE financial update:
July donations (including exams) \$496
In the bank ≈ \$1800

Upcoming events

- Tai Chi class with Ito-sensei in Bellingham 1:00-3:00 PM Aug. 24
- Taimyo workshop with Ito-sensei in Langley WA Aug. 27-28,
- John, Lee, and Jim teach Shintaido and Prayer workshop SF Oct. 7-9.
- West Coast Kangeiko 2006 coming in mid-January

"The goal in martial arts is zanshin, awareness ... like the reflection of the moon in water, mind and body reflecting the totality of the other, eliminating separation between the two."

Takuan,

from Asian Martial Arts 8:1



Photo by Grace