



Tightening the "ma"

John Farquhar,
John Seaman

Photo by Grace Marshall

Upcoming events

- Grace's art exhibit Oct. 24 – Dec. 2.
- NWSE planning meeting Sunday Nov. 6 after keiko
- Next worldwide Taimyo for Peace event Dec. 7-10
- West Coast Kangeiko 2006 Jan 14-16: "Giving and Receiving"

Ma: Time and Space

Last month we looked at "ma"(間), the connection and timing between you and others in keiko.

The Japanese term "ma o shimeru" (間をしめる) literally means "tighten the ma". As our "ma" gets tighter, we move more freely in kumite and our timing improves both inside and outside the dojo.

One way to improve your "ma" is to ask your senpai for a few minutes of kumite after class.

Good keiko! -Lee

Shintaido boosted at exhibit!!!

"Layers: Transposition of Knowledge":
October 24th through December 2nd at
St. Joseph Hospital Center for Rehab
Medicine, 809 E. Chestnut St.



Inheritance
by Grace Marshall

Check out the **Shintaido Wall** in Grace's exhibit!

Taimyo for Peace

Upcoming Taimyo meditations:

Nov 14 at the Congregational Church, Nov 28 at the Bellingham Unitarian Fellowship, December 7 location TBA, and Dec 12 at the Congregational Church.

Advertisement

Need beautiful and inexpensive Christmas gifts? Give our greeting cards with pictures from keiko or stunning local scenery. See Lee. Profits go to NWSE.

The show is open to the public Monday through Friday from 8:30 am until 5:30 pm.

Thai Friday: Several of us went to On Rice after Friday keiko, and had such a good time that we plan to do it again the first Friday of December. Inexpensive food, great company! Check with Marti for details.

NWSE financial update:

Oct donations \$245
In the bank ≈ \$2000

"The truth has always been the same, but we persist in erecting complex barriers between it and ourselves."
Michael Thompson,
Shintaido Master Instructor

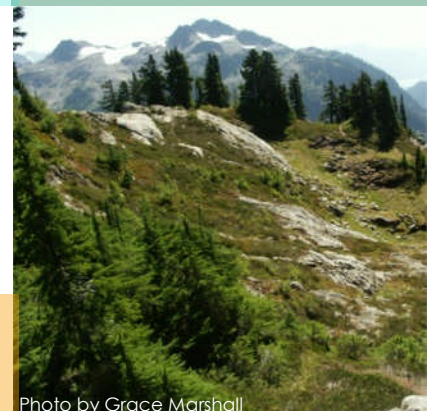


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