

A PREVIEW OF THE SEMINAR: BODY, BREATH & MIND

Body relates to stances, posture, techniques, physiological fitness, coordination, biomechanics, tension & relaxation, etc.

Breath relates both through the gross physical breathing and energy work or kiko as we know it most explicitly from sanchin and tensho kata.

Mind relates to our courage, spirit, respect, our ability to focus, maintain panoramic awareness, calm, remain open minded and fluid. Japanese terms that address this are e.g. zanshin, isshin, mushin, heijoshin, fudoshin, kokoro, shoshin and muishiki.

Development in karate is initially means to increase one's knowledge, techniques, practice forms, strategies, etc. From the start however it is of course really about incorporating all the aspects of our being as described above and coordinating them in the most efficient and natural way. These are the two basic aspects of learning or following the tradition. The practice of incorporating and integrating these three dimensions of our being is sometimes referred to as 'sanchin' or 'three battles'. Apart from being the name of the basic kata of goju-ryu, it also is used as a name a metaphor for the effort or 'fight' to incorporate and integrate all we are under pressure. Similar to the nature of the practice of sanchin kata with it's high demands and testing procedures or 'shime'. This process is, in budo in general, also known as seishin tanren or 'forging our body-mind' or 'forging Spirit'. 'Spirit' here means spirit beyond the body-mind split.

At some point we will be able to work with this technical material in a creative and personal way and incorporate aspects we learned elsewhere. From other teachers, disciplines and life.

Ultimately these integrated actions are to become a spontaneous, creative and natural expression of who we are (self) and our oneness with Spirit (True Self) .

This developmental model is known in Japanese budo as Shu Ha Ri. Shu (守) refers to follow the traditional material understanding and practices.

Ha (破) means to break away or break open the perspective and become creative and personally adapt and enrich the material to one's own needs, vision and situation and

Ri (離) means to leave the conditioned way of training, developing and thinking all together, to become free and spontaneous in one's training, movements and fighting.

In this seminar we will address all the above in an integrated way from various angles, through various ways that are as unpredictable to me as they are to you.