



Okinawa Goju-ryu Karate-do Seminar

Five Elements

The Five Vital Wisdoms
of Body Mind Mastery

Saturday & Sunday
November 2 & 3
2019

For 4th Kyu & up;
18 years & older

Venue:
Trainingscentrum KenKon
Nieuwe Kanaal 11
6709 PA Wageningen

Info & Subscription
info@iogkf.nl



Applied to
Okinawa Goju-ryu Karate

With
Sensei Sydney Leijenhorst
6th Dan IOGKF



Schedule

Saturday & Sunday 9.30 - 16 h

Subscription

Send your mail to: info@iogkf.nl and put FWVK2019 in the subjectline. Subscription is complete if your email has been received & payment has been made.

Costs [Full weekend participation only]

IOGKF members: € 95,-; Non-IOGKF members: € 175,-

Course materials & lunch included.

Subscription & payment before October 1st: € 25,- discount.

Payment

IBAN NL63INGB0007738419; BIC INGBNL2A

For Whom?

Minimum age: 18; Minimum grade: 4th kyu;

Maximum number of participants: 42; full participation only.

Various

Language: English

It is also possible to join the ongoing Friday night session before the seminar.

Sleeping in the dojo is possible for € 15 per night.

Possibly we will organize a Saturday evening get together around dinner.

THE FIVE VITAL WISDOMS OF BODY-MIND MASTERY

Body & Mind integrate and perform along the lines of five different qualities that relate to the elements of earth, water, fire, wind and space. We could also call these 'body-mind wisdoms' or 'vital wisdoms'. We all have these qualities, but they aren't always as accessible as they could be and we might not be able to embody them as good as we could. When we re-own them fully, our *karate* will be at its best.

Each element represents different, inter-related qualities. To give just one example: wind relates to aspects like efficiency, effectivity, impact and ease. In footwork, punches, kicks, combinations, breathing exercises in *junbi undo*, sparring, etc. Typical wind slogans would be 'from ease to impact', 'the power of flow' or 'minimal effort, maximum efficiency & impact'. In some sense the wind element relates more to the *ju*-aspect than the *go*-aspect. *Saifa kata* is a good example for where we begin to develop this quality and the higher *kata*'s can never be mastered without it.

BACKGROUND

In my early thirties I became interested in the [Buddhist] Five Element Model, which is based on earth, water, fire, wind and space. I was already familiar with the Chinese/Daoist five element system, which is somewhat different, through a few years of studying Chinese and Japanese healing arts like shiatsu, acupuncture, Chinese herbs and qigong. But the Buddhist five element model was new to me and struck a deeper chord in me. This chord kick-started a journey that started decades ago.

Not too long after this first encounter, I saw two glimpses of this five element model in the IOGKF karate context. One came from Sensei George Andrews, who used it to classify *karate* stances, the other came from the late Sensei Pantanowitz [1938 - 2006] who used it to picture the development of the quality of movement in his grading syllabus.

It made me curious whether this model was used in our tradition more broadly, which seemed possible as it did reach Japanese culture through tantric Buddhism [*Shingon*]. To find out I wrote a letter to Sensei Higaonna to ask whether this model was a historic model used in the [oral] tradition of Okinawa *goju-ryu*. He answered that this was not the case, but added that he considered it to be a valid and useful model. His answer encouraged me to continue the exploration of the value of this model for *karate* practice.

In the decades that followed I received many teachings on this five element model. Mainly from the Tibetan Buddhist tradition. Especially from Irini Rockwell and Tenzin Wangyal Rinpoche, but I should also mention Dagsay Tulku, Chrissie Coburn-Krzowska, Diane Musho Hamilton and Rob Preece.

Through the years I explored and digested this information and these practices and integrated them in classes on karate, qigong and Tibetan Buddhist meditation. Especially during the so-called 'Five Vital Wisdoms Weeks' at KenKon. In these six week periods all classes at KenKon would be inspired by this model. 'Vital Wisdoms' refers to the psycho-physical qualities that these five elements - earth, water, fire, wind and space - represent.

For years it has been my desire to take a deeper dive in this ancient wisdom in the context of karate, with a group of ripened and motivated *karateka*. To dive deeper than I was able to do so far in the short slots of time of the weekly classes of the Five Vital Wisdoms Weeks at KenKon. For this reason I am finally organizing this seminar.