

SHINJINKAI

The Japanese Martial Arts Society



2010 Class and Registration Information

WWW.SHINJINKAI.ORG

3717 North Ravenswood Suite #113, Chicago, Illinois 60613

Phone: 773.472.3290



From the Director



Welcome to Shinjinkai, a community dedicated to the study of classical (*koryu*) and modern (*gendai*) martial arts arising from Japan's warrior tradition. Through practice our members develop fitness and self-defense skills, but also much deeper things: a revolutionary increase in self-confidence, a true inner strength, and an integration of mind and body that serves them in all areas of life.

Our philosophy is simple. Train in martial arts to become the most fit, most focused, most relaxed and balanced person that you can possibly be. Forge your life, like a sword, into something beautiful and sharp. Watch as the practice refines and transforms you. Everything that you have wanted to *seem* to other people, now truly *become*. True martial art study forces us to face and break through our self-imposed limitations. The journey is a challenging one, but the benefits are yours. They will immeasurably enrich your life, and impact those around you.

We welcome you to visit our *dojo* (training hall) located on Chicago's north side, a short distance from Wrigley Field. It is a beautiful, traditional space that houses martial arts training and meditation practice as well as instruction in traditional fine arts such as tea ceremony, calligraphy, and flower arrangement. We are passionate about our practice, committed to one another as a community, and dedicated to helping our members benefit the most from their experience here.

The Japanese name of our *dojo*, *Shinjinkan*, was given by its original founder, Tenzan Toyoda Sensei; it translates as "truth-heart-training hall". Our organization name, Shinjinkai, is taken from this, and reflects our belief that anyone can, through disciplined practice of these remarkable arts, realize the potential of truth, strength and practical wisdom already present within themselves.

We're pleased that you're taking the time to explore these rich traditions, and look forward to practicing with you as you begin your own path of self-development through martial arts training.

Shinjinkai was founded by Meido Moore as an organization open to any sincere person wishing to benefit from deep training in traditional martial arts. Moore Sensei currently serves as our Director, and is the chief instructor of the Shinjinkai Aikido program as well as a student himself of other classical Japanese martial arts. He is also a Zen Buddhist priest, and is active in that capacity with Daiyuzenji (www.daiyuzenji.org), a Rinzai Zen temple co-located with Shinjinkai, and with Korinji (www.korinji.org), a Zen monastery.

For more detailed biographies of Shinjinkai people, please see our website: www.shinjinkai.org. If you have any questions regarding Shinjinkai that you would like to address to the Director, he is pleased to receive your email at info@shinjinkai.org, or to meet with you personally.



CALL, EMAIL, OR WALK IN TO SEE US.

Please see our schedule and membership information on the back of this brochure. Visitors are always welcome to walk-in to a scheduled class, though we recommend that you call first in order to ensure that you do not disturb a meditation session.

New students may begin at any time. Simply call or email us (or let us know when you stop in) and we'll give you the information you need to get started. For Aikido, we also offer the option of a Four-Week Intro. Course each month; for all classes, a free trial lesson is generally offered. Just call or email to RSVP (see our website to confirm exact dates of intro. courses).

We welcome your inquiries and correspondence. Please feel free to call us at 773.472.3290 or to email us: info@shinjinkai.org. Our website, www.shinjinkai.org also has more information on other Shinjinkai activities, as well as useful links.



Shinjinkai Aikido

Aikido is a practical and dynamic self-defense art and a profound path of self-discovery. The curriculum includes powerful throws, strikes, joint locks, and pins, along with traditional weapons training with the sword, four-foot staff (*jo*) and knife (*tanto*). Aikido does not require size or strength. Speed, timing, and technique are developed which allow the weak to overcome the strong. Anyone can practice Aikido, regardless of size, gender, or body type.

As a *Budo* (martial Way of life) and not merely a physical art, Aikido stresses the peaceful resolution of conflict whenever possible. A confident, strong, courageous, and centered individual is the goal of Aikido training - the kind of person who does not need to fight, and who can resolve conflict creatively and with compassion. In this manner, Aikido's philosophy transmits the most noble teachings of the samurai heritage: "True victory is victory over the self".

Our ongoing Aikido program meets seven days a week. You may view or try a class, or enroll as an ongoing student, at any time.

Aikido Four-week Introductory Course

Some beginners prefer to start in a more gradual manner: in this case, we invite you to enroll in our Four-week Aikido introductory Course. In a high-energy and supportive atmosphere, participants learn skills and basic Aikido techniques that serve as a foundation for our ongoing program. The class meets on four consecutive Saturdays, 2:15-3:15pm (makeup days are also available); the fee is \$40.00. Please call or email to confirm the next start dates and to RSVP (our website will also tell you when the next course starts, and you can enroll online).

Shinjinkai Youth Aikido

Children ages 8 and up benefit from Aikido training! Confidence and positive self-image, enhanced school performance, etiquette and increased regard for others, discipline and a "can-do" attitude...these are all gained by students in our youth classes. And not only that: training is fun, emphasizes physical fitness, and teaches conflict resolution and self-defense skills for life. Shinjinkai Youth Aikido students are led through exercises, techniques and fun activities that develop their bodies and minds. Older children (generally ages 11-15) are challenged with more intensive instruction to prepare them for participation in our adult classes. Our experienced Youth Aikido instructors keep the atmosphere supportive, fun and safe.

The Shinjinkai Aikido program is associated with Birankai North America under the guidance of T.K. Chiba Sensei. Chiba Sensei was a student of Morihei Ueshiba O-Sensei, the founder of Aikido. Through Birankai, we are connected to Aikido World Headquarters in Tokyo, Japan.



Shinbukan Kuroda Ryu-gi

Shinbukan Kuroda Ryu-gi refers to the samurai martial arts of the Kuroda family, inherited in this generation by Tetsuzan Kuroda Sensei (b. 1950). The Shinbukan Dojo was founded in 1848 and was famous for training samurai to the highest levels of martial skill. Maintaining that tradition, Kuroda Sensei is renowned in Japan today for his deep understanding of traditional martial arts and his incredible skill with the sword. Students of the Shinbukan practice the following *koryu* (old style) samurai arts, variously founded between the 10th and 17th centuries: • Komagawa Kaishin-ryu Kenjutsu (sword and other weapons) • Shishin Takuma-ryu Jujutsu (close-quarters grappling, striking and throwing) • Tsubaki Kotengu-ryu Bojutsu (staff fighting) • Tamiya-ryu Iaijutsu (sword-drawing)

Weapons studied include the *tachi* (long sword), *kodachi* (short sword), *jitte* (arresting tool), *naginata* (glaive), *ryoto* (2 swords), and *bo* and *jo* (wooden staves). The Shinbukan is not a modern-style organization, but a traditional family system: the very deepest teachings of these arts are imparted directly and personally by Kuroda Sensei, and grasped by the student through disciplined repetition of the forms.

Shinjinkai is home to the Shinbukan Chicago Keikokai, one of only four authorized Shinbukan study groups outside of Japan. To study the Shinbukan Kuroda Ryu-gi, you must be accepted as a student by Kuroda Sensei and agree to abide by the rules of the Shinbukan. Interested persons should contact our office to make an appointment. Visit us at www.shinjinkai.org for more information on Kuroda Sensei and his family's remarkable martial tradition.



Iaido: Mugai Ryu Iaihyodo

Mugai Ryu Iaihyodo, an Edo-period style of Japanese swordsmanship, was founded by Tsuji Gettan Sukemochi in 1693. Mugai Ryu is *kireru* ('cutting') *iai*: strong, fast, simple, and effective techniques. Numerous seated and standing forms are studied, teaching the student to draw a sword in close-quarters defense against both single and multiple opponents. *Tameshigiri* (cutting targets with live blades) is practiced to develop realistic cutting power. Later training includes more advanced and secret forms as well as partner forms using both short and long swords. As a sword style heavily influenced by Zen teachings, Mugai Ryu demands that the student not only master the techniques, but seek to perfect the self through practice. The goal ultimately is not merely learning to cut with a blade, but to decisively cut through one's own delusions and attain the profound wisdom of the martial Way.

Battodo

Battodo is a modern system of swordsmanship with an emphasis on the development of effective, practical techniques and realistic cutting ability. Along with standardized forms, an important element of this training is *tameshigiri*: the practice of cutting actual targets with a live blade. These targets, made of rolled straw soaked in water, provide realistic resistance and feedback regarding actual cutting ability. Battodo at Shinjinkai is practiced by students in our Mugai Ryu program, allowing them to compete at various Taikai (kata and cutting competitions) worldwide.

Shinjinkai serves as the official Chicago branch of the United States Federation of Mugai Ryu Iaihyodo. The Federation is an extension of the Suimokai, an organization in Japan headed by Niina Gyokusui Gosoke, headmaster of the Meishi-ha line of Mugai Ryu. Members of the Society's study group are registered with both Suimokai and the U.S. Federation as Mugai Ryu practitioners. The Shinjinkai Battodo program is overseen by Tony Alvarez Sensei of Senpokan Dojo in Costa Mesa, California, who is also the director of the US Federation of Mugai Ryu Iaihyodo.



Internal Training for Martial Arts

Internal training refers to various methods used in traditional martial arts to develop highly evolved energetic, physical and mental qualities. Generally speaking, such methods emphasize the cultivation of *ki* (internal energy) and a relaxed, highly unified body to develop power rather than untrained muscular tension. The energetic model of the body detailed in Buddhist and Taoist practice is also accepted in many martial traditions: it is believed that energy can be gathered in various centers of the body through breathing and other exercises, circulated within specific channels or meridians, and even extended outward to others. The overall result of this training is greater health, dynamic vitality, and tremendous personal power.

Internal training at Shinjinkai draws upon methods handed down by various teachers in our lineages, including masters of Aikido, swordsmanship and Zen. Training centers on *Tanden Kokyūho* (breathing training), *Hara Tanren* (training of the "center" and correct body usage), and the *Naikan/Nanso no Ho* exercises (energy exercises for health handed down within the Rinzai school of Zen).

The Internal Training class at Shinjinkai is open to all martial artists, and also to any adult who wishes to benefit from these practices serving to actualize mind-body unification.



Japanese Sword Study

The Shinjinkai Sword Study Group meets every other month. Through textual study and hands-on examination of *nihonto* (Japanese blades), Sword Study Group members explore the amazing technical and artistic achievements of Japanese smiths, ancient and modern. Each meeting focuses on a different subject, for example one of the five historical swordmaking schools (*Soshu, Bizen, Mino, Yamshiro, and Yamato den*), specific historical periods of swordsmithing, a particular smith's work, blade features to be appreciated, care and handling of *nihonto*, sword furniture and mounting, and so on. There will generally be blades present for examination that are examples of a particular meeting's subject matter.

If you are interested in joining our Sword Study Group, there is no charge to attend. Membership will introduce you to the fascinating world of Japanese historical arms and armor. Field trips to Japanese sword shows, such as the Chicago Tokenkai held each spring, are another highlight of membership.

Sword Study Group leader Nick Kolick has been collecting swords for over 10 years, with particular interest in the Kamakura and Nambokucho periods. Nick is a member of the NBTHK (Nippon Bijutsu Token Hozon Kyokai), JSSUS (Japanese Sword Society-US), and the Midwest Token Kai, which hosts the annual sword show in Chicago every year (see the Tokenkai site at <http://home.comcast.net/~midwesttokenkai/>). For information on the next Sword Study Group meeting, please check the calendar of events at www.shinjinkai.org, or inquire with our office.

Shinjinkai Weekly Class Schedule

(Shinjinkai martial art classes in **bold type**; Zen activities are also shown)

<p>SHINJINKAI H.Q. IN CHICAGO 3717 N. Ravenswood # 113 Chicago, IL 60613 <i>(On Ravenswood north of Addison and just south of Grace. One block from the El. Abundant parking available.)</i> Phone: 773.472.3290</p>		<p>MT. PROSPECT LOCATION 1502 North Elmhurst Road Mount Prospect, IL 60056 <i>(Corner of Camp McDonald Road and Elmhurst Road, within the Midwest Shotokan Karate Fitness Center)</i></p> <p>Phone: 847.788.0200, or call Shinjinkai H.Q. at 773.472.3290</p>	
<p><u>Monday</u> 7:00 a.m.-8:00 a.m. <i>Zazen (Zen meditation)</i> 5:45 p.m.-6:45 p.m. Aikido 7:00 p.m.-8:00 p.m. Aikido 8:00 p.m.-9:15 p.m. Mugai Ryu</p>		<p><u>Tuesday</u> 6:30 a.m.-7:00 a.m. <i>Zazen</i> 7:00 a.m.-8:00 a.m. Aikido 12:00 p.m.-1:00 p.m. <i>Zazen</i> 5:30 p.m.-6:30 p.m. Youth Aikido (all ages) 7:00 p.m.-7:45 p.m. <i>Zazen</i> 7:45 p.m.-8:15 p.m. <i>Zazen</i> 8:15 p.m.-9:00 p.m. <i>Zen Training - Various activities</i></p>	
<p><u>Wednesday</u> 7:00 a.m.-8:00 a.m. <i>Zazen</i> 4:30 p.m.-5:30 p.m. Shinbukan 5:45 p.m.-7:00 p.m. Mugai Ryu 7:00 p.m.-8:00 p.m. Aikido 8:15 p.m.-9:15 p.m. Aikido Weapons</p>		<p><u>Thursday</u> 6:30 a.m.-7:00 a.m. <i>Zazen</i> 7:00 a.m.-8:00 a.m. Aikido 5:45 p.m. - 6:45 p.m. Internal Training 7:00 p.m.-7:45 p.m. <i>Zazen</i> 7:45 p.m.-8:15 p.m. <i>Zazen</i> 8:15 p.m.-9:00 p.m. <i>Zen: Hojo practice</i></p>	
<p><u>Friday</u> 5:45 p.m.-6:45 p.m. Aikido 7:00 p.m.-8:00 p.m. Aikido Weapons 8:15 p.m.-9:15 p.m. Open Mat (Aikido Advanced Class/instructor meeting, once monthly)</p>		<p><u>Saturday</u> 9:30 a.m.-11:00 a.m. <i>Zazen</i> 11:30 a.m.-12:15 p.m. Youth Aikido (all ages) 12:15 p.m.-1:00 p.m. Youth Aikido (age 8 & up) 1:00 p.m.-2:00 p.m. Aikido 2:15 p.m.-3:15 p.m. Aikido Basics (also 4-Week Intro. Course) 3:30 p.m.-4:30 p.m. Shinbukan 4:30 p.m.-6:00 p.m. Mugai Ryu</p>	
<p><u>Sunday</u> 8:00 a.m.-8:30 a.m. <i>Samu (cleaning)</i> 8:30 a.m.-9:35 a.m. <i>Zazen, Sanzen</i> 9:35a.m.-10:00 a.m. <i>Okyo (chanting)</i> 10:00 a.m.-11:00 a.m. <i>Teisho (Dharma talk)</i> 12:00 p.m.-1:30 p.m. Shinbukan 1:30 p.m.-2:30 p.m. Aikido</p>		<p><u>Sunday</u> 1:15 p.m.-2:00p.m. <i>Zazen</i> 2:00 p.m.-3:00 p.m. Aikido 3:15 p.m. - 4:15 p.m. Aikido</p>	
<p>ADDITIONAL PROGRAMS... <i>...are conducted at Northwestern University, the Chicago Police Academy, Chicago Public Schools, and other locations. Contact us for more information.</i></p>			

How to Become a Member and Begin Your Training...

To Begin Your Membership, or to Visit Us

Walk-in, call us at 773.472.3290, or email: info@shinjinkai.org. We'll schedule a time for you to view or try a class, speak with an instructor, and to actually begin your ongoing training program.

Monthly Dues, Membership Periods and Discounts

Aikido, Youth Aikido, Iaido/Battodo and Internal Training members pay a monthly dues. Advance payments are not necessary; members pay their dues month-to-month, and are asked to commit to an initial 3-month period. Discounts are given for committing to longer membership periods. Students and public servants (police, fire, military, etc.) are discounted. Please inquire about family discounts if more than one member of your family wishes to practice with us.

AIKIDO, Adults and Youth

After registering as an ongoing student, you are free to attend all Aikido classes in our schedule, seven days a week. New adult students must also register with our national organization by submitting a \$35.00 annual dues. It is not necessary to wear a uniform on your first day (we can recommend where to purchase one; on your first day you may wear sweats or other workout clothes...no shorts, please).

Monthly Aikido Dues at Shinjinkai in Chicago

Adults \$100.00, Youth \$55.00, Students and Public Servants (police, fire, military) \$75.00

Mt. Prospect Location Monthly Aikido Dues

Adults \$75.00

(note: if you are a member at either location, you may attend the other location without additional charge)

AIKIDO Four-Week Introductory Course

If you'd like to try Aikido and gain a solid foundation for future study, you also have the option of registering for one of our Four-Week introductory courses. The course meets on four consecutive Saturdays, 2:15-3:15pm, and is offered monthly. The fee is \$40.00. Please email or call to find out when the next course starts and to register, or register online at www.shinjinkai.org.

IAIDO - Mugai Ryu Iaihyodo and BATTODO

After registering with our office as an ongoing student, you may attend classes three times per week (Monday evenings, Wednesday evenings and Saturday afternoons, Chicago location only). New students must also register with the United States Federation of Mugai Ryu Iaihyodo by submitting a \$50.00 annual membership fee. Battodo training at Shinjinkai is done in conjunction with Mugai Ryu Iaihyodo, and is included in the monthly dues shown below.

Monthly Iaido Dues, Chicago

Adults \$65.00, Students and Public Servants \$55.00

INTERNAL TRAINING FOR MARTIAL ARTS

If you are a member of Shinjinkai's Aikido or Iaido programs, you may attend this class for no additional charge. Others pay a monthly dues; class meets once per week.

Monthly Internal Training Dues, Chicago

Adults \$45.00

COMBINED MEMBERSHIPS

Members wishing to practice both Aikido and Iaido receive a 50% discount from the regular Iaido dues.

SHINBUKAN KURODA RYU-GI

There is no fee paid to us by Shinbukan members. Membership is restricted to those persons accepted directly by the Shinbukan headmaster, Tetsuzan Kuroda Sensei. Due to the personal time and travel commitment required, persons interested in joining the Shinbukan Chicago Keikokai, our study group, should contact our office to make an appointment.

***You are always welcome to visit us, view a class, and ask questions!
Please call 773.472.3290, or email to info@shinjinkai.org, to make an appointment.***