



the board of directors of Shin-ShinBuKen at 15-01-2012

from l. to r. Jan Kallenbach president, Rob Quant secretary, Fred Quant treasurer and Jeffrey Schwerzel vice treasurer

This is our first newsletter in 2012. In the year behind us Shin-ShinBuKen witnessed a lot of things...good, sad and new ones.

We want to memorize the departure from this world of TaiKi member **Marius Landsbergen**, the parents of our members of the board of directors **Rob** and **Fred Quant**, **Henny Smit** the partner of honorable member **Frans Smit**, my travelcompanion in Japan **Martin Gravestijn** and our judo sensei and great champion **Anton Geesink**.

Shin-nen Keiko 2012

With our **Shin-nen Keiko** held on the 15th of January we celebrated the beginning of a new budo year and with the ritual cleansing, offering sake, chanting breaking boards in 4 directions, giving our roaring kiai's all part of our ceremonial training, we also want to clean our heads of all the mournful and difficult moments we were confronted with last year... and want to prepare for a fresh and fruitful New Year.



the sake table



morning Shin-nen Keiko training



at right a musical demonstration of Mark de Jong

After our morning training, from 12.30 hrs. on we held a New Years reception in our canteen. Cosy with a lot of well known faces like old club president mr. **Peter Tervoort**. Some members brought their children; they had a good time playing on our tatami and good idea, as we know one has to start early.

A short review of 2011

At the 11th of March I was invited to teach Tai Chi on a conference of 'the Ambassadors of the Earth' movement organized by Mr. Heckman located in the old CIOS institute in Overseen.



About 150 'ambassadors' enjoyed the outside Tai Chi training in the garden of the former CIOS institute and its nice natural surroundings near the dunes...we even could hear the 'burling' sound of nearby deer...how nature can make you feel at ease.

We felt so at ease training together... the shock of the news of the disaster at Fukushima - happening that *very moment* in Japan- really did hit us! I kept close to the news suppliers and the telephone for a long time since.

How close this whole disaster came to us, became evident when we finally could get contact with our Japanese friends and sensei. Especially **Sato sensei** -the one that started ShinBuKen with me in 1973- suffered, as his place got atomic winds from the Fukushima area...and at a certain moment he even thought of abandoning his home and dojo and evacuate to friends near Kyoto. Imagine they had over twenty quakes a day/night, no rest, no water and only food from tins. Even now there are still quakes all 24 hrs around, with at least 2 heavier ones and there is still radioactivity in the air and Sato sensei cannot eat his garden vegetables. But sensei is happy he can stay now and keep his TaiKi dojo. When sensei Shimada will visit us beginning of March, we can hear personally from him how much this disaster still disturbs Japanese society.

Sensei Christopher

Later on in March we would meet an old friend and jo-teacher from Malaysia mr. **Christopher Sanmugam** from Serembang. Mr.Christopher is connected with the roots of Shin-SBK Shinto Muso ryu Jo. He is a direct student of **Draeger sensei**, so when sensei sent him to Amsterdam we were happy. Fred Quant trained with him and followed him when he went to McDonagh sensei in Stockholm.



It was a pity Christopher and his wife who were on a planned roundtrip only could stay for one evening and so we had good dinner together at the Quant's house and went to the dojo afterwards, where Christopher could not resist crossing arms with our jo-teacher Fred. Curious was the fact Fred, now with his new and also high **Menkyo Kaiden promotion** he got from Krieger sensei at the Kagami biraki training in Geneva in January 2011... surpassed his former teacher Chris...who nevertheless he had got older...still had the old jo-warrior spirit he showed us in former days. A great moment for long life time budo friends!

Judo

Meanwhile we negotiated with the Judo Federation. As our judoteacher Bas had left us, we tried to find judo teachers who were willing to participate in our club under the same conditions like all our contributing sensei. We all work under the covering banner of Shin-ShinBuKen and all with a reimbursement as 'sportsvolunteer'. But the interested judoteachers had other ideas of working together or wanted salaries! So helas, we had to say goodbye to our judo section. Happily we could offer the older youth members a good opportunity to change to karatedo training and so we lost our youngest judo members and got a new group of older youngsters who train karatedo now with Rob Quant sensei on Thursday evening.

Books - 6th International TaiKi Gasshuku in Shin-ShinBuKen

In the meantime we were preparing a second edition of my TaiKi 'the essence of TaiKi Boxing' book, which we wanted to get printed before the international TaiKi gasshuku 17-18 of June would take place in our dojo. Down under some impressions of it. Very sad was the fact...we had to miss **sensei Legree** from ACBB Boulogne...but his team was there!



lecturing.... participants of the 6th TaiKi Int. Gasshuku in Amsterdam...at right: teachers McDonagh, Stoll, Kallenbach, Lesueur (missing sensei Jacques Legree)

During the day we had to work hard, but in the evening we enjoyed good meals together (thank you **Hans and Daphne!**) and we had time to exchange. At our last training mr. **Heckman** brought in a musician from Codarts, a drummer to help the performing flow in our 'tanshu' training...a success.

The weather would not allow us to train TaiKi outside...but this possibly became the reason why it would become such an *intense* gasshuku. The whole event took place from Friday afternoon until Sunday evening. It was a success, due also to a new formula we used, in which our Seniors took care of our foreign guests and lodged them at home. At the closing ceremony sensei **Stoll** got graduated as TaiKi 'moku roku' with a 'Renshi' teaching license by the **European TaiKi Federation**. (see the TaiKi book of Jan sensei for more insight in the graduation structure of TaiKi)

We were very happy sensei **Lesueur** from France and sensei **McDonagh** both TaiKi Kyoshi could help us to run the training. Especially sensei McDonagh did a good job, as he had just recovered from a severe operation. Already his appearance gave us all a good feeling and energy. He stayed with us for a while afterwards to digest this entire event and share our thoughts and ideas together.

Fred Quant's jo section also had their Dutch gasshuku in our dojo (and in Almere) just before the TaiKi one. It is a growing success, with several nationalities participating. We guess Fred, as one of the highest jo-authorities now -next to Krieger sensei in Europe- for sure will attract more jo-activities in the future.

The budoka's solitary fight

On the 16th of March sensei McDonagh got a prostate operation with bad news, because of a possible risk of cancer. On the 18th of May sensei Jacques Legree was hit by a severe brain stroke of which he happily is recovering now. And from my side I had -during my teaching career - already advised 4 colleagues and friends to have a hip surgery...and at a certain moment in 2011...I had to conclude I needed one myself too. It was strange people could see it, but for myself it was difficult to admit I needed it too.

One can disguise the effects for some time and try to live with it -like our grandparents probably did...but as active budoka I decided to go for a surgery and I am happy I did so. So on the 13th of October I went for 8 nights in the OLVG hospital. When I came out I had to develop a new kamae as you can see at the picture at right.

The recovery went good, I was happy I could reload my empty handicapped leg and hip with my ki-training and now I am teaching again. What a pleasure...one feels so good when everything functions and there are no disturbances anymore.

I can advise everyone to feel handicapped for a while, you really will appreciate 'normal things' again. And I realized it is true: people often remark after ritsu-zen training for some time...*'yes I do my best, but I do feel nothing'* ...and then I will say *'be happy ... this is one of the first development stages...and when you feel nothing this is just good'*.

Recently I heard sensei McDonagh got so enthusiastic by my hip story...he will go for a hip surgery on the 22th of February himself also.



Books 2 During summertime we received some special books from **Sato sensei**. Sato sensei promised to make two books, one a revision in English '**Tai Ki Ken the Essence of Kungfu**' and a second one: '**Sawai sensei's Centennial Immemorial Book**', a collector item already now...and he did send each teacher in Europe only 25 pieces. We asked for more...but his answer came: *"no need!"* They were all sold in a blink.

On **Sept. 16th** I was invited to teach in the dojo of an old budofriend and well known police instructor of mine **Tom Wessels**...the **Furinkanzen dojo** in Rijswijk. I saw a lot of old karatedo friends, who all practice some extra budo like Katori Shinto ryu next to it, so I taught them the way of the ken and hanjo of TaiKi. **Ed Krijgsman** took the honneurs and Tom's wife **Ria Aka Wessels** - still training too- is at right in the picture.

In the meantime **Jeffrey**, our vice-treasurer, anthropologist by profession, went to Koendoez in Afghanistan for three months for his work and came back on the 1st of September.



The Karatedo section: our Kyokushin karatedo section had started a youth karatedo group on Thursday. The new karateka are motivated and we do hope they will grow and continue. Already **Ouahib Ders** and **Raphael Pelissier** got their 7th kyu yellow belt! This sounds very promising, the older members **Wouter van der Kroef** and **Martijn Bosch** obtained also a 4th kyu grade and in December 2011 and **Luka Bilbija** received a 3 kyu earlier that year. Congratulations to all of you!

A real mile stone achievement was made by **Thomas Smink**, who made the jump to the level of the

'*yu-dansha*' ...in older systems the connotation of the group of members that finally were allowed to 'speak' and help the teacher. So he made his kuro-obi, blackbelt! Proficiat! The other '*mu-dansha*' or lower belts are supposed not to speak yet and stay silent (mu)!

In the **TaiKiKen** section we had two graduations in 2011. We already mentioned sensei **Alain Stoll** from the south of France, a senior teacher in Shotokai and former assistant of mr. Tokitsu (Shaolinmon). He followed our TaiKi gasshuku's for a long time and trained TaiKi for six years in Yokohama with **Shimada sensei**. He was awarded a moku-roku grade and Renshi teaching license.

The second and most recent graduation was that of mr. **Mark de Jong**, who became a Senior now with his Oku-iri Menkyo license. '*Oku-iri*' means '*he who entered*' the school and passed through the curtain to go to the inner places of the school and it indicates one distinguishes himself as a Senior. Technically spoken an oku-iri grade can be compared with the reaching of the blackbelt level. Particular for the performance he made at the Shin-nen Keiko was his use of the electric bass guitar, to explain he can use the same TaiKi principles in playing music and he made it clear for us to hear and witness! Welcome to our Seniors Mark.

Another real highlight

The awarding of the Menkyo Kaiden license to our jo sensei **Fred Quant** during the Kagamibiraki training earlier that year in Geneva in 2011 forms another highlight.



the jo group with kamae including the graded Jeffrey and Gaby and Frank at right



sensei Fred Quant under the Shinden in our dojo



the jo section in their centre the man with whom it all began sensei Christopher

Sensei Fred's promotion with the highest license of Menkyo Kaiden was a highlight in the beginning of 2011 when his team came back from the annual Kagami biraki wintertraining in Geneva...but this year wintertraining in 2012 became a highlight also, as both **Gaby Yo** and **Jeffrey Schwerzel** on the left picture standing next to each other became both Oku-iri. They got their license from **Pascal Krieger Shihan** (Menkyo Kaiden SMR Jo and President van de International Jodo Federation)

Fred sensei stipulates that in jo - same as in TaiKi - one doesn't obtain an oku-iri grade because of long training and technical level alone...one doesn't have to do an exam for it. No it goes much further than that, as it means one becomes an official member of the Ryu (the School) and from that moment on also has to bear the responsibilities that belong to this school and its members. One is expected to share his knowledge with others and to propagate it! So the responsible sensei look for this *commitment* in his students and Fred states that this rank is in good hands with Gaby and Jeffrey.

Next to their promotion there was a technical dan test where **Frank Hoekzema** was appointed to join for sho-dan (blackbelt) level. Jeffrey assisted him and he did well and made no mistakes, so he did an excellent exam. All promoted jodo-ka receive our felicitations and we hope you will contribute to our unique Shin-ShinBuKen dojo also.

Last minute notes:

- The Administration of Shin-SBK figured out we do need a contribution upgrading.
- **Jan sensei** is invited to teach TaiKi in Orgeval (France) by the FIAMT federation the 11th and 12th of February. **Frans Befort** will assist.
- 4th, 5th, 6th of March TaiKi sensei **Shimada** and mr. **Ojiro** will be visiting our club. Reserve time please.
- 24th 25th of March TaiKi is invited to teach in Lyon for the Fekamt Federation of mr. **Gilbert Gruss**.
- 20th 21st 22nd there will be the **7th International TaiKi Gasshuku in Meridon France**. Host **ACBB**.
- We got a sad message from Thailand. **Bert de Waart** suffered a severe stroke, is slowly getting stable and they are working hard to get him home again.

On behalf of the Administration of Shin-ShinBuKen, we wish you a good year and good training in our dojo...



Jan Kallenbach ...president of S-SBK