

International Shiseikan Budo Association
ISBA Summer Seminar 2015 in Czech Republic
Summary report by Miroslav Kodym

The 6th annual ISBA seminar took place in Prague (Czech Republic) from 18th till 24th August 2015. The title of the seminar was ISSHIN (One-Heart).

Teaching at the seminar was given by and under supervision of Meiji Jingu Shiseikan Budojo instructors and assistant:

ARAYA Takashi – Shiseikan Director, ENDO Ikuhiro – Shiseikan Officer, AOKI Hisashi – Shiseikan Instructor, OKUDA Yoshihiro – Shiseikan Assistant

Shinto Ceremonies were prepared and conducted by rev. KADOSAKI Taisuke from Meiji Jingu.

ISBA Board was present in composition:

Chairman Robert Cowham, Treasurer Anita Köhler, Vice-chairs Adam Radecki and Josette Nickels-Grolier, Adm. Officer Sonja Darone-Perret.

Interpreting was provided excellently by ISBA Cultural Advisor Annika Hansen, supported locally by Jakub Zeman and Richard Wasserbauer during cultural and social parts. During group practice communication was supported by Japanese speaking participants, with Shigehara Fuyumi especially.

In the seminar 78 (+1 *family member*) participants from 31 dojo (1 Shiseikan, 27 ISBA member dojo, 1 Heidelberg, 2 ISBA affiliated guest dojo) located in 11 countries (Japan, Czech, Poland, Switzerland, Germany, Belgium, France, UK, Norway, Russia, Greece) took part. Total 84 people.

Japan	1 dojo / 5 people
Shiseikan	Yoshikawa Shuhei / Takaishi Osamu / Shigehara Fuyumi / Kanna Kimi Gkeikis Nikolaos
Czech Republic	1 dojo / 4 people
Aikido Kenkyukai Praha	Kodým Miroslav / Kodýmová Angelika / Kubec Petr / Kraček David
Poland	5 dojo / 16 (+1) people
Warszawa Budojo	Radecki Adam / Borownik Tomasz / Korzeniowska Dominika / Lipski Robert / Wachowiak Mateusz / Kostrzon Maciej
(+CAA, Warszawa)	Starzycki Jacek / Różańska Barbara (students of Grzegorz Kołak - Warsaw Budojo instructor, who runs a section at CAA)
Andrzej Bazyliko, Warszawa	Tylenda Beata / Nowaczyk Maksymilian
Shintaigi Dojo, Wałcz	Widawski Roman / Gawrysiak Maciej (+ <i>Sadowska Marta</i>)
KK JAF, Kielce	Czerniachowicz Jacek / Stypuła Adrian
Hara Dojo, Łódź	Płoński Antoni / Przekopowski Stanisław
Switzerland	3 dojo / 11 people
SDK+KTK, Geneve	Mezzo Gildo / Kaliszewski Jean-Michel / Sonja Darone-Peret / Schmidt Cedric / Maria Dolores Sanchez La O / Morisod Georges / Witztum Jonathan / Morier Quentin / Di Meglio Alberto / Senoner Bruno
Aikido Zürich	Wünsche Angela

Germany	8 (+1) dojo / 24 people
Aikido Dojo Darmstad	Köhler Anita / Rettig Alexander
Seishinkai, Frankfurt	Schoo Thorsten / Fischer Mirjam / Pitsch Hans-Werner
Aikido Dojo Mainz	Marquard Regina
University of Stuttgart	Angleys Guillame / Hager Konrad / Heinkel Hans-Martin / Kossev Ivan / Denzinger Oliver
Kenjutsu Berlin	Eriksson Ohlwein Max / Seiler Helmut / Luebbke Fabian / Eisfeld Grit / OchaB Bartek
Aikido Hamburg	Häffner Karola / Kummer Christiane / Teubner Hans-Jörg
Kikentai Berlin	Buksnowitz Axel
Budojo Berlin (ronin)	Schnur Nicolas
(+AC Heidelberg University)	Hansen Annika / Bigge Katja / Wessling Christian (guest dojo, with longterm direct relationship to Shiseikan)
Belgium	1 (+1) dojo / 2 people
Kome Dojo Neupre	Jacquet Fabian (joined ISBA during the seminar)
(+Kobukai Aiki dojo)	Kosobucki Jason (guest affiliated to Josette Nickels and Benoit Mabire)
France	2 dojo / 5 people
Gama Aikido Chatillon	Nickels-Grolier Josette / Passicos Frédéric / Baron Fany / Pélina Emyline
Aikido Club Kamae, Lyon	Clément Christophe
United Kingdom	3 dojo / 7 people
Tetsushinkan London	Cena Irene / Lee Stan / Rees Gavin / Rees Myriam / Huhnen Mark
East Sheen Aikido	Cowham Robert
Brighton Aikikai	Cassidy Andrew
Norway	1 dojo / 1 person
Tenshinkan, Oslo	Vrba Zeljko
Russia	2 dojo / 2 people
Takemusu Aikidojo, Moscow	Sergeev Dmitry
Hatsugen, St.Petersburg	Kiseleva Olga
Greece	1 dojo / 1 person
Athens Aikido Society	Kioustelidis Vasilis

Part of them were dojo leaders (24 people), most of participants were advanced practitioners.

General introduction followed by daily report

The program of the seminar was send to all participants in advance. Its structure (individual & common practice, dojo cleaning, cultural events, meetings, board etc.) and time schedule was executed according to the plan. All the places (dormitory, canteen, dojo) were near accessible within reach of 10 min by feet. The board of all participants (breakfast, lunch, dinner) was provided in the student canteen in the areal of university. Keikogi collection and laundry was managed as it was planned.

ISBA GA and Scholarship passed through in the room of canteen in the sportive hall. In the building were enough changing rooms, WC and showers. On the spot were present 2 physiotherapists for whole week for occasion of first aid or individual request for massage.

The practice of Shiseikan Budo took place in the sportive hall TJ Spoje on tatami and few times outside on the grass at football playground nearby. The practitioners had introductory lecture and practice in whole group together, then were divided into 2 level sub-groups. Group I, focused on fundamentals, was led by Aoki sensei. Group II, focused on further kenjutsu series, was led by Araya Kancho. Okuda sensei was assisting Aoki sensei, Endo Sensei supervised the overall practice without being attached to specific group. Such structure was kept every regular day, with additional individual practice time in the morning before breakfast (mostly under supervision of Aoki san and Okuda san) and in the afternoon before dinner.

Monday 17th August

Some of the participants (from France, Switzerland and Germany) arrived already before. ISBA Board members arrived in the morning for Board meeting and to help with preparation of the dojo & Kamidana (along with already arrived participants, including next year ISBAS organizer, Roman Widawski). The whole Shiseikan group arrived from Japan at the evening. Accommodation of all present persons was provided at student dormitory Jarov. All that group had dinner in pizzeria Don Vito.

Tuesday 18th August

Hosting organizers (4 participants of ISBAS) from Prague, ISBA Board members and Shiseikan group checked the hall and Kamidama during the morning. Shiseikan core delegation, ISBA Board and main organizer had common lunch and meeting in restaurant Kabinet. The rest of the participants and organizers had lunch in pizzeria Don Vito. Nearly all participants arrived to Prague (by cars, trains & planes) during the day. Everyone received logistic information from agency Versum (Ladislav & Vojda Vokaty), which managed most of the seminar office work. The accommodation was provided at the university dormitory.

Seminar itself started in front of dormitory Jarov at Tuesday 18th August at 16:00 by Keynote speech of Miroslav Kodym, main organizer from Prague, provided in Czech language (the translation into English, German, French, Polish & Japanese was send by e-mail in advance and present also on spot). All the participants went after by tram to the centre of city visiting first the main square of Prague with the equestrian statue of

St. Wenceslas, the patron of Bohemia, and they paid respect at the memorial of Jan Palach. After these serious moments the participants passed through passage with nearly the same statue of St. Wenceslas sitting on the belly of his dead horse, which among other shows the Czech sense of black humour. Essays about all events informing about important points touching cultural program of the whole week were sent in written form in English to all participants by e-mails in advance, everybody have had occasion to acquaint with them. All the group went after by metro and tram to the brewery Marina, where was held Yokoso party with welcome speeches, common dinner and good Czech beer. The way back was provided by cars (Japanese guests) and individually by trams.

Wednesday 19th August

After cleaning the dojo by ISBA Board members the seminar was officially opened with Shinto ceremony conducted by rev. Kadosaki Taisuke, and sacrede branches of Tamagushi were offered by ISBA Chairman, Seminar Organizer and Shiseikan Kancho, who also provided demonstration of the sword and purified the space by Harai-no Tachi. Robert Cowham and Adam Radecki provided demonstration of Kashima sojutsu. During the ceremony there were present some invited VIP persons on tribune. The ceremony was followed with speech by the Major and Vice-major of Prague 3 with handing over small gifts (this act was published after in local newspaper). Then Araya Kancho continued with lecture about material and immaterial aspects of Universe and Budo, giving yet another dimension for the practice, which followed after at the morning and afternoon. The evening of this day was free for participants, some of them met in Balkan resto on the way between dojo and dormitory.

Thursday 20th August

Thursday program took place as planned between dormitory, cafeteria and dojo. After the dinner the keikogi's collection followed. All participants, except Japanese and Annika who were driven by cars, came by tram and walking through the big park to the hill Vitkov and under the monument of Jan Zizka, where a special lecture about Hussitism was prepared in Japanese language. The essays about Hussitism and Fighter's spirit of Bohemia were translated into English and sent to the participants beforehand. The lecture was followed by presentation of most common Hussit's arms and demonstration of their use. On the spot was served Japanese tea. The lecture and demonstration were prepared by Jakub Zeman, the curator of Oriental collections of National Gallery in Prague.

Friday 21th August

Cultural day began with an early wake up, and the whole group stand on the tram stop at 8.00 o'clock. The participants became forehand the essays to each point of stay during our City tour with explanation of the meaning and importance of the visited place. Again with tram we moved to the Monument of the Victims of Communism at the foot of the mount Petrin. A special ordered funicular brought all participants on the top to the Petrin's tower (copy of Eiffel tower) and after the short walk through the forest and park Petrin followed a small refreshment at the famous Strahov Monastery Cafe. From here, divided into 3 smaller groups accompanied each by one organizer's member, we moved towards the Prague's Castle

Hradčany. The visit of the whole complex was short but illustrative. From castle we descended through New Castle's stairs to the Lesser Town Square and passing through the residential quarter (Japanese and French Embassies) to the park Kampa. In the nearby standing building (Michnuv Palace), part of the main seat of Sokol (greatest sports organization in Czech) a surprise lunch (Japanese obento and cold mugicha) was served, with the sudden appearing of an Komuso monk playing on shakuhachi. The player was Vlastimil Matoušek, the professor of Music Academy in Prague and the top specialist/musician on shakuhachi in Central Europe (the big European festival of shakuhachi started in Prague just day after). The top of the City Tour was the visit at the Memorial of the Heydrich's assassination in the crypt of Ss. Cyril and Methodius Cathedral, one of the most important 2nd World War monuments in Prague. We paid there respect to the 7 paratroopers by setting candles on fire. One part of participants then used the occasion to come back to the dormitory with the tram, accompanied by one organizer, the rest of group continued towards the Old City Square and through famous Celetna Street and Square of the Republic came again to the tram No.9. Cultural day was closed by a merry dinner with excellent Gypsy music in the restaurant of Balkan, nearby the dojo.

Saturday 22nd August

The program of the day took place as planned by practising, dojo cleaning and evening ISBA-GA passing in the Cafeteria of the practising hall.

Sunday 23rd August

This day was dedicated fully to the practising and a same programme as the day before followed. In the evening a good visited scholarship lecture presented by Stan Lee in the Cafeteria of the hall took place.

Monday 24th August

After the free morning practice and breakfast the Embu was pursued by all practitioners including Japanese masters. The closing Shinto ceremony followed, similarly as opening ceremony conducted by rev. Kadosaki, and the last act of this most important practical part of the whole seminar was Saké Naorai. The Embu and ceremony were watched from platform by VIP visitors of top-representatives of various Japanese martial arts, existing in the Czech republic. Then a team of organizers from Prague had honour to be invited by Shiseikan representatives together with some ISBA Board members to celebrate the end of seminar by gratitude lunch provided nearby of dojo in restaurant Záležitost. In the afternoon, after the decamp of dojo, the whole group moved again by tram to the Moldau's riverbank, where a big boat waited for us. On the Prague's river a Big Naorai and Sayonara party took place, with speeches, photographing and presents. And again with surprise, the presence and action of an outstanding musician Tomas Reindl. During his marvellous one man music performance quite a lot of participants were dancing. After the two and half hours on the boat the ISBAS in Prague 2015 finished as it began, by the monumental personality of the King Wenceslas. The seminar began by the statue of this symbol of the Czech Kingdom and now Czech republic, and it finished with the impressive choral dedicated to the St. Wenceslas, one of the two oldest songs in the Czech history, rearranged by Tomas Reindl. So the imaginary arch of the seminar was closed.

Tuesday 25th August

After the breakfast the most of participants left dormitory and moved to the departure. Last squeezes and shakes of the hands and greetings were exchanged. The Japanese group from Shiseikan visited in the late morning the mythical hill Vyšehrad, a big park and the oldest place of settlement in Prague with cathedral and national churchyard Slavin. Then a small refreshment prepared by Angelika followed on the terrace in the flat of Kodym's family nearby. After the dinner on tatami in well-known Japanese restaurant Miyabi the organizers and Japanese guests moved by cars to the Vaclav Havel Airport and closed their stay in Czech republic.

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## Final words from Organizer

In the moment of decision to offer Prague as a place for ISBAS 2015, which we took together with my wife Angelika (the Saint), we were aware of the fact, that the seminar must be distinct from high top level seminar in Stara Wieś and also in Smolyachkovo, despite some problems the participants have had there. The choice to organize the whole week in Prague on one way complicated situation, but on the other way offered us an occasion not to compete with marvellous countryside conditions. The seminar practically in the centre of capital city had to be different and offer other entire insight of the history and character of the nation and land. The whole cultural program could give the possibility to observe some historical places and cultural events, that could show the way of life of Czech people in the past and present time.

Regrettably we are only four actual practitioners of Kashima in my country, so we were only small team to organize such a big event in Prague. A lot of things regarding organization and help of people around us was based on personal contacts and friendship. The new abbreviation FOM (Friend Of Mirek), which appeared during preparation and in the course of the seminar, is true. And it also means, that everything must be done from the heart. It was not only meaning of the idiom, which we can find in Budo, why I proposed ISSHIN as the title of seminar, it was also investment we all had to put into realization of ISBAS 2015.

In the name of organizers from Prague to evaluate the quality of place, accommodation, meals etc. I don't feel as right person and I don't think I have concession to do it. I already said in my Keynote speech (after small adaptation): the assessment of its fruitfulness will up to all participants. We can just hope, that we were able to – at least partially – fulfil their expectation. In this sense the feedback of participants declare quite positive result.

Bellow you will find few excerpts on some points, which are also mentioned in the summary report from ISBAS last year. All the points in that report were chosen and composed arbitrary, but they were good executed and I would like not to repeat all, what was already written about such seminar.

### Teaching

Considering about this item I came to an conclusion after I have read last year evaluation that I can fundamentally for 100% confirm his words about quality of teaching and practice. I could only repeat his words as brilliant, beautiful, extraordinary, wise, rich, valuable, compact, clear and very focused ...

I believe that the division in practising of participants into 2 groups during the whole course of seminar was a very good decision. In this case the both main teachers Aray Kancho and Aoki Sensei could fully concentrate on needs of members of their groups. Since I was responsible as a main organizer, and because I took part in the group of Araya Kancho, I was limited to observe complex teaching of both groups and also unfortunately I couldn't participate on individual lectures. I could only express myself to Araya Kancho part and especially refer to the main five principles of the whole seminar, which he offered to all of us. It is necessary to note, that all principles are preceded by the number 1 (ichi) and not counted "1,2,3,4,5" in order to emphasize that they are all equally important or "most important" to perceive the pedagogy in teaching and make progress in learning Budo:

1 dou sei ittai – motion and stillness in one

1 ki hatsu ittai – occurring of the intention (to move) and start of movement in one

1 kou bou ittai – attack and defence in one

1 kyo jitsu ittai – emptiness and substance (emptying and filling with energy) in one

1 in you ittai – internal energy and external energy in once

This seminar gave a good background to all participants for further studies at home. It gave us a number of options to use in our daily practise and teaching. We have all opportunity to develop our skills, knowledge of Japanese culture, philosophy and Shinto. Now it will be on us to put such experience into our way in Budo and daily lives.

### Shinto

The Kamidana was this time prepared thanks to experienced ISBA Board members and committed support from present participants, and done as well, that for critical eyes of Shiseikan and Meiji Jingu representatives was nearly nothing to change. Shinto priest chose the branch of needle-leaved tree, which he found nearby of the dojo. The Shinto ceremony purified our souls and make us to practice together in peace and harmony. The Shinto aspects gave a spiritual dimension to the whole event and helped us to separate from regular everyday activities and focus on practise. They calmed us down and oriented our internal concentration on the Budo spirit.

### Interpreting / Translation

I can just repeat the valuation of the year 2014 – Annika's work was high professional and nothing less but perfect. Despite her health stand she was always fully concentrated and focused on the intelligible interpretation of the very complicated content and meanings of the symbols / opposites, that have been the main topics for each day of seminar. Her full immersion into the Japanese language and culture gives her the possibility to transmit the essence of the teacher's words.

For the outside programme we arranged two local interpreters, Richard Wasserbauer and Jakub Zeman, who made as well the translation work. Both of them as well very good oriented in the Japanese language and culture. The preparation of the written material in different languages beforehand to the various topics was very helpful and saved a lot of time on the spot.

### Special lecture

As well as in the Keynote speech of the main organizer so in special lecture about Hussitism there was an effort to show and describe the tradition of the war history and traditions from the closer (Keynote speech) and remote history (essay Fighter's spirit of Bohemia) with the specific Czech approach to this topic. Especially the atmosphere of both, one accompanied with tones of Smetana's composition Vltava, other, under the beautiful statue of the chieftain Jan Zizka on the hill Vitkov, where one of the most important battles of Hussit's time took place.

### Other

Each ISBAS has always two big players – organizer (with support from Meiji Jingu Shiseikan and ISBA) on one and participants on the other side. Both are working for the success of this outstanding occasion to meet and practice once a year all together. To unit our forces for make a better and safer world not only for us, but as well for the generations coming after. I hope, that this seminar will stay long in our grateful memory.

### Acknowledgment

There were some people who contributed (except or beyond their designated responsibilities) to the seminar in various moments of preparation and realization process. Let me list at least some of them and at the same time express my deep gratitude to them.

At the first place I would like to thank to the whole Japanese delegation under the leadership of Araya Kancho and other teachers from Shiseikan and the priest of Meiji Jingu. Namely I would like to mention Endo San, who was for more than half year my mentor giving me questions and advices.

At the second place I must mention ISBA Board members who participated at ISBAS in Prague. A special place and thanks belongs to Adam San who was guiding me through the whole process and without his help many things would not be completed. I must not forget Robert San who was softening some tensed moments with his British humour.



A special position belongs to Annika, which despite her difficult health situation was an inseparable segment of the whole course of ISBAS.

As everybody knows, there is no successful seminar without participants. ISBAS in Prague 2015 was not an exception. That is why I would like to thank to all of them, who made effort to come to Prague.

Last but not least I must thank namely to all members of our small organizing Czech team: Angelika Kodymová – my most close supporter / Ladislav & Vojta Vokatý – mainly responsible for logistic and economy / Petr Kubec & David Kraček – participants, collaborators & drivers

By organizing of ISBAS I had to lean on external collaborators namely (FOM): Jakub Zeman – loaner of Japanese swords, lector of Hussitism, author of essays on this theme / Richard Wasserbauer – translator and guide / Petra Opočenská – therapist / Vlastimil Matoušek & Tomáš Reindl – musicians / Nataalka & Kristian – administrators of the training hall

With Gratitude

Miroslav Kodym

Praha, 20th of October 2015

PS. Attached you will find all seminar documents (schedule, general invitation, rules & regulations, calendar etc), speeches, essays and lectures, and a feedback summary gathered diligently by Sonja Darone-Perret.