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ZANSHIN
KENDO | IAIDO | JODO



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Kendo
Renmei

オランダ剣道連盟

Nederlandse Kendo Renmei

N.K.R.

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Het lidmaatschap van de N.K.R. loopt per kalenderjaar. De contributie voor 2020 is vastgesteld op € 70 voor senioren en € 35 voor junioren (tot 18 jaar). Bij toestemming voor automatisch incasso is er een korting van € 5 voor senioren en € 2,50 voor junioren. De incasso-opdrachten worden 1x per jaar geïncasseerd te weten eind februari. Contributiefacturen worden eind februari verstuurd en dienen uiterlijk voor 1 april betaald te worden. Toezending Zanshin en deelname aan wedstrijden is uitsluitend voor leden van de Nederlandse Kendo Renmei, die geen contributieachterstand hebben. Opzegging dient altijd schriftelijk te geschieden voor 1 december. Opzegging bij de dojo betekent niet automatisch opzegging van de N.K.R.

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Van de redactie

8 maanden verder, en we zijn nog niet van dat "pokke-virus" af.....

Maar gelukkig ligt hier de volgende uitgave van Zanshin voor jullie.

Nummer 4 slaan we dit jaar over... er was toch niet veel te beleven op kendo, iaido en Jodo-gebied.

Teminste, als je niet over een computer beschikt... (en wie beschikt daar niet over tegenwoordig).

Wat we fysiek niet konden deden we afgelopen maanden "on-line".

Zo wisten velen hun kendo-, iaido- of jodo-peil toch op een redelijk niveau te houden.

Al zijn we dan nog niet van het virus af,, nu de eerste vaccins binnenkort hun werk mogen doen, zal het niet al te lang meer duren voor we elkaar weer in levende lijve mogen ontmoeten.

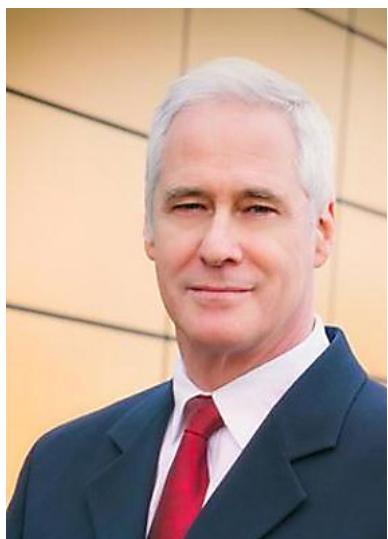
Ik kijk er naar uit!

Jack Tacke
redactie Zanshin

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Van de Voorzitter



Voordat ik dit stukje ging schrijven voor deze december editie van Zanshin, heb ik mijn stukje van vorig jaar er nog eens bijgepakt. Ik feliciteerde toen het Nederlands iaido-team met het behalen van het Europees kampioenschap en noemde ik de individuele successen. Jeugdkendoka hadden meegedaan aan een toernooi in Düsseldorf. En had ons zojuist het bericht bereikt dat Louis op zijn fiets was aangereden en was het op dat moment nog niet helemaal duidelijk, wat hij op lange

termijn aan dit ongeval zou overhouden. Feliciteerde ik onze ere-voorzitter Hein Odinot, met zijn 88-ste verjaardag en sprak ik de hoop uit hem nog vaak bij evenementen te kunnen ontmoeten. En kondigde ik het Kitamoto zomerseminar aan.

Maar hoe anders kan de wereld er in een jaar uitzien. Louis is weer grotendeels hersteld van zijn ongeluk, maar heeft inmiddels een schouderoperatie ondergaan, wat ook weer enige maanden van revalidatie zal kosten. Hein Odinot heeft in de beginperiode van de Corona- uitbraak zijn heup gebroken; is na zijn ziekenhuis opname niet meer thuis geweest en verblijft sindsdien in een verzorgingshuis en kan zich nog slechts verplaatsen in een rolstoel. De pijnstilling met morfine en de narcose van twee operaties hebben hem geestelijk geen goed gedaan en hij is regelmatig flink in de war. Mijn wens om hem ondanks zijn hoge leeftijd nog regelmatig bij evenementen tegen te komen is niet uitgekomen. Met enige regelmaat bezoek ik hem in het verzorgingshuis. Louis en Jolanda zijn bij hem op bezoek geweest, evenals enkele leden van Fumetsu.

Buiten dit persoonlijk leed en daar ben ik nog niet klaar mee, was afgelopen jaar wel een heel bijzonder jaar en hebben u en ik het nog nooit zo zout gegeten. Onze planeet werd getroffen door een pandemie, die een enorme impact had op het leven van alle dag. In plaats van dat we het over 'het weer' hadden, ging het enkel en alleen nog maar over 'Corona' en werd ons vocabulaire uitgebreid met woorden die we tot dusver nog nooit hadden gebruikt. Om er een paar te noemen: intelligente lockdown, Covid-19, super spreading events, snelteststraat, triage, anderhalvemetersamenleving, flatten the curve en Irma.

Natuurlijk had dit ook gevolgen voor onze NKR-activiteiten. Het startte met het cancelen van de Iijima-cup en de EK Kendo in Noorwegen en kort daarna lag alles plat op nationaal en internationaal gebied. We zijn nu bijna een jaar verder, maar er is op dit moment nog met geen mogelijkheid te voorspellen wanneer we weer terug zijn bij het 'nieuwe normaal'. De WK kendo die in 2021 in Parijs zou worden gehouden is al in een vroeg stadium afgeblazen en is nu voorlopig gepland in 2022. Wat er gaat gebeuren met het afgeblazen EK in Noorwegen is mij onbekend. Ook weet ik niet of zij een tweede poging willen wagen. Portugal heeft inmiddels de organisatie van de EK van 2023 teruggegeven. Nederland

staat voor 2025 in de planning. Ik heb inmiddels aangegeven dat wij voor dat jaar beschikbaar blijven, maar het zou zomaar kunnen dat er iets geschoven moet gaan worden.

Over het organiseren van Europese iaido en jodo evenementen valt ook op dit moment nog weinig te zeggen. Veel zal afhangen van de productie en distributie van een vaccin, de vaccinatiecapaciteit en de wil om hieraan mee te doen.

Het bestuur volgt de berichtgeving vanuit de overheid nauwgezet en we zullen zo gauw dit mogelijk is binnen de regelgeving, de draad weer oppakken.

Verder spreek ik de wens uit, dat de verenigingen in Nederland, ondanks dat fysiek met elkaar trainen niet altijd mogelijk is, zo goed mogelijk contact moeten blijven houden met hun leden. Sociale cohesie is in dit verband belangrijk, juist omdat wellicht niet iedereen op de zelfde manier kan omgaan met het verlies van vrijheid en contact. Ook zullen er mensen zijn die geconfronteerd zijn met ernstige ziekte, van zichzelf of van hun naasten en in sommige gevallen met het overlijden van dierbaren. Deze mensen moeten kunnen blijven rekenen op steun vanuit hun vereniging, om de draad weer te kunnen oppakken. Juist een vereniging kan belangrijk zijn voor het weer oppakken van het normale leven door routines en regelmatige trainingen. Dus zorg dat iedereen 'erbij' blijft.

Hierboven schreef ik al dat ik nog niet klaar was met het beschrijven van persoonlijk leed.

Enige tijd geleden ontving het bestuur van de NKR het droeve bericht, dat Zita Belavari, lid van de NKR en Shin Nakada, op vijfenveertig jarige leeftijd aan de gevolgen van kanker is overleden. Sinds 2007 was zij lid van de NKR en was derde dan kendo. Zij was regelmatige bezoekerster van centrale trainingen en deelnemer aan toernooien en kampioenschappen. We wensen haar naasten en de leden van Shin Nakada veel sterkte met dit verlies.

Nu we aan de vooravond staan van een nieuw jaar, hoop ik van harte dat we de grootste ellende achter ons hebben gelaten en dat we in de loop van 2021 de draad van het 'normale' leven weer kunnen oppakken en onze activiteiten geleidelijk aan weer kunnen hervatten.

Ik wens u allen een goede jaarwisseling en een 'beter' Nieuwjaar!

Koos van Hattum
Voorzitter

Van het Bestuur

Vanwege de vele afgelastingen is het niet mogelijk gebleken een derde Zanshin te maken.

Wel hebben we geprobeerd zoveel mogelijk contact te onderhouden via de maillist.

Helaas zijn er nog steeds een 27 leden, waarvan het mailadres bij de ledenadministratie niet bekend is. Heb je de laatste tijd geen mail van de NKR van mij ontvangen, dan ontvang ik graag een reactie. Indien leden bij de verschillende dojo hun contactgegevens wijzigen, dan zou ik het op prijs stellen om hier ook een berichtje van te ontvangen.

Het bestuur heeft voor het eerst vergaderd via Teams. Tijdens deze vergadering heeft het bestuur besloten de aanvraag van David Smits te honoreren en hem de Renshi Iaido toe te kennen. We hopen op een geschikt moment om hem deze versierselen te kunnen overhandigen.

De volgende teams bestuursvergadering zal gehouden worden op 21 december a.s. We zullen dan een besluit moeten nemen over het doorgaan van activiteiten in de maand januari en februari. Hoe gaan we om met het houden van de Algemene Ledenvergadering zal ook een vraag zijn, die aan de orde komt.

Bekend is in ieder geval al, dat het Scheidsrechterseminar in Brussel geen doorgang vindt in februari 2021, zie ook de brief van Dieter Hauck van de Europese Kendo Federatie

Soms bereikten ons berichten over het (in de ogen van de leden) laat beslissen dat een training of wedstrijd niet door zou gaan. Met dit in het achterhoofd hebben we besloten alle NKR activiteiten tot en met december af te lasten. We hadden nog een beetje hoop,

dat de maatregelen weer versoepeld zouden worden. Echter dit is niet het geval, waardoor in ieder geval de Nieuwjaarstraining Kendo in Meppel komt te vervallen. Wij raden aan om voor alle zekerheid de agenda op de nkr.nl website goed in de gaten te houden.

Op dit moment doen 3 leden de LMA cursus en zij hebben zondag 13 december hun praktijkexamen.

Wij wensen Elaine, Louis en Liam veel succes.

Over examens gesproken. Ons bereikte ook het bericht dat Boris Jansen (42 jaar) in Japan is geslaagd voor zijn 7e dan Kendo. Een welverdiende felicitatie voor Boris!

In verband met de afgelastingen in het afgelopen jaar en de waarschijnlijk ook nog komende afgelastingen hebben we wel besloten soepel om te gaan bij examens met de 3-CT eis.

Van de Internationale Kendo Federatie hebben we een verzoek ontvangen om mee te werken aan een enquête onder oud Kitamoto gangers. De Kitamoto gangers onder de huidige leden hebben de link via mail ontvangen en ze zijn gevraagd om mee te werken.

Tenslotte voor iedereen gezellige feestdagen gewenst. Maak er wat moois van ook al is het met beperkingen. En voor 2021 wens ik iedereen een jaar met veel trainingen, bezoekjes en goede gezondheid toe.

Joke de Jong, secretaris

Kitamoto Kendo Summer Camp

Het bestuur ontving onlangs een overzicht van alle Nederlandse deelnemers aan het Kitamoto Kendo Zomerkamp.

Helaas ontbreken er een aantal namen. Heb je ooit deelgenomen, maar zie je je naam niet vermeld in onderstaand overzicht, meld dit dan bij de secretaris.

Taciser SEVINC	2019/7/19	Hein ODINOT	1983/7/25
Rogier van BIJNEN	2014/7/25	H.Oosterling	1981/7/28
Gilbert Mudde	2007/7/25	E.Roosterman	1981/7/28
Sjoerd Mostert	2004/7/28	R.Roosterman	1981/7/28
Peter Bink	2001/7/27	H-A-F.Oosterling	1980/7/31
Wim Boot	1998/7/30	G.Klinkenberg	1980/7/31
Erik Van Den Hoeven	1993/7/28	DE BOER G.	1979/8/7
Co Friemann	1993/7/28	VAN DOODEWAARD A.	1979/8/7
Hugo Trouw	1992/7/20	VAN DER LINDEN J.G.	1979/8/7
Henk Zahoor	1992/7/20	S. v.d. Nieuwendijk	1979/8/7
Gunjan Van Der Neut	1991/8/5	L. VITALIS	1979/8/7
Henk Zahoor	1991/8/5	PORS C.J.	1979/8/7
Henk Zahoor	1990/8/6	DE VOGL R.	1979/8/7
Rob VanDerKooy	1990/8/6	ROOSTERMAN E.	1979/8/7
Andre Raboen	1990/8/6	BROUWER G.F.J.A.	1979/8/7
Jenny Boona	1990/8/6	J.H. ODINOT	1979/8/7
Peter Bink	1989/7/24	J.H. ODINOT	1978/7/29
Bram SWANEVELD	1989/7/24	G.F.J.A. BROUWER	1978/7/29
G.F.J.A. BROUWER	1989/7/24	G.F.J.H. BROUWER	1977/8/2
P.TIGGELMAN	1989/7/24	Edward ROOSTERMAN	1977/8/2
Robert POLEIJ	1989/7/24	Roelof ROOSTERMAN	1977/8/2
J.H.VANHOUTTUM	1983/7/25	Louis VITALIS	1977/8/2
Bert HEEREN	1983/7/25	JAN HENDRIK ODINOT	1975/8/2
Roelof ROOSTERMAN	1983/7/25	Adrianus Johannas GORDIJN	1975/8/2



EKF Events 2021 – Update!
December 2020

EKF Member Federations and ZNKR

Dear Presidents,
Dear EKF Member Federations,

The year 2020 is approaching its end. We do not regret that, because it has been a very difficult year for all of us. We hope that 2021 will be better. Here is an update on planned EKF events. Of course, all plans below are depending on the development of the ongoing Covid-19 pandemic.

1. Kendo Referee Seminar in February 2021 in Brussels had to be cancelled!

There was no alternative, as the Covid-19 situation, including government restrictions, across Europe still do not allow such event to be conducted safely and the prospect for January 2021 is alike.

2. EKF General Assembly and (possibly a) Seminar in May 2021

We intend to use the weekend originally reserved for the WKC on 28 - 30 May 2021 to organise the EKF General Assembly 2021 and a Seminar in Paris. The formal invitation and documents to the General Assembly will arrive in accordance with the EKF Statutes. If necessary, we may turn to online-options.

3. Further events 2021

For the remaining events, i.e. European Championships (IAI and JO) and high-level Seminars, we need to come back to you later, after consulting with agreed and potential host federations.

4. 18 WKC

The 18 WKC was postponed to 2022 and more details will be hopefully available during 2021.

Merry Christmas, Seasons Greetings and a better New Year!

Stay safe!

E. K. F. BO.
(08.12.2020)

Hein 89 jaren jong!



Op 7-december j.l. vierde onze oud- voorzitter Hein Odinet zijn 89ste verjaardag! Zoals jullie al in Koos' voorwoord konden lezen gaat het helaas niet zo goed met Hein. Het breken van zijn heup aan het begin van de corona-crisis heeft voor veel narigheid gezorgd voor hem en zijn gezin. Helaas kan Hein niet teveel bezoek ontvangen, maar.....: Het zou leuk zijn als jullie een kaartje met een persoonlijke groet sturen, om Hein te laten weten dat we aan hem denken!

Het adres waar je je kaart naar toe kunt sturen:

J.H. Odinet
Swinhoe
afd. Zonnebloem (3e etage)
Plantageweg 3
3333 GZ Zwijndrecht

We hopen dat Hein wordt "bedolven" onder de kaarten!

Kodansha responsibility in correct diffusion of our disciplines in europe

In een doorlopende serie, gedeeltes uit de thesis die Rene van Amersfoort sensei schreef naar aanleiding van zijn Shogo Kyoshi Jodo.

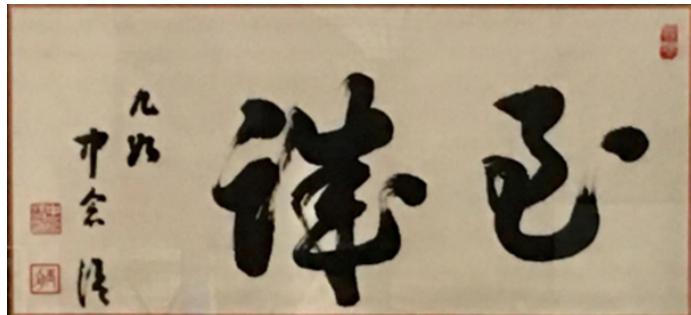
INTRODUCTION

You can read Kodansha as a mental, spiritual and technical master degree in Budo which need serious and devoted training to obtain.

The word element BU that is found in such Japanese terms as Budo, Bujutsu, Bushido, etcetera, refers mainly to what is commonly known as "Martial Arts".

When practicing Budo there also must be enthusiasm and enjoyment. Without any doubt, serious, devoted and concentrated training (Keiko) is the most important. Because of the use of the characters, Budo is more accurately translated as 'to stop violence' or perhaps 'to bring peace'.

In the meaning that skills, techniques and methods (Jutsu) can be tools in maintaining the peace rather than indulgences in a love of war. Moreover, although warfare was in those times necessary to restore peace; peace was always the ultimate goal.



CORRECT DIFFUSION - RESPONSIBILITY, ACTION AND METHODS

Therefore, the context of BU contained in the old times certain virtues:

- a) It prohibited violence.
- b) It maintained discipline among soldiers.
- c) It maintained order among the citizens.
- d) It was spreading certain virtues.
- e) It gave a peaceful heart.
- f) It helped keeping peace between people.
- g) It made people and nations prosper.

Going back still further, the benevolent rather than the violent aspect of Budo reflected in practising it.

Once at a summer seminar in Eindhoven, The Netherlands, Ishido Shizufumi sensei explained us about the importance in Budo connected to the folds of the hakama

(5 at the front and 2 at the rear side) meaning:

JIN - Sympathy and Benevolence

GI - Duty and Obligations or Righteousness

REI - Courtesy or Proper Form & Knowledge or Tradition & Manners

CHI - Wisdom

CHU - Loyalty

SHIN - Faith

KO - Filial piety and Devotion

We should devote ourselves to live our lives according to the above-mentioned virtues, which is of course very difficult.

Budo is not only about training (Keiko). The more one get involved into Budo the more emphasis should lie also on learning about the Japanese culture and its system.

Practice and theory are one as is laid down in the Japanese Budo proverb JI RI ITCHI (note: during the 20 years anniversary of the Ishido Cup, the Netherland Kendo Renmei gave an calligraphy made by Richard Boel which showed JI RI ITCHI to Ishido Shizufumi sensei).



Hence Kodansha has responsibility in developing Mudansha and Yudansha first into correct and disciplined OSHI- E-GO (students, followers, pupils) and then continue to accompanying them into 'the level' of DESHI meaning disciple or a reverent follower or an apprentice or better explained as the disciple of the sensei (master). As in the word UCHIDESHI which has a far stronger and more personal mentor-protégé relationship with the sensei. It is a position in which the experienced student works hard and has great respect for his sensei. It is a position of trust, loyalty, honesty, liability, etc. It is a trustworthy position or a honorable position. And with it responsibility comes, which is an important value for a sensei as well for students.

A few responsibilities, in line of the development of the teacher and the students, for a Kodansha are: a) A Kodansha needs to help students developing into experienced students. When you are an experienced student?

b) A Kodansha needs to help visitors of the dojo becoming beginners in the dojo. c) And after a certain period of severe training, beginners have to be changed into advanced students.

d) The advanced and most capable students must be helped to change into experienced students. e) After which they have to be developed into master class students.

f) And after those students have reached a sufficient mental, psychical and technical skilled level, they can search their way and follow the path (Do) further, to become skilled and experience teachers themselves.

g) Still the original teacher stays in the mentor role.

There is a Japanese saying: By fighting each other during training (keiko), student and teacher can in the course of time become good friends.

When my Kiryoku dojo Zoetermeer in The Netherlands in 2014 existed 30 years, my students gave me a book as a present.



In this book are many stories written by my students in Europe. At the beginning of the book, my teacher Louis Vitalis sensei wrote the following:

"Why do people practice Budo? The reason will vary for each person, but after practicing Budo for more than 40 years (Louis sensei started Judo & Ju Jutsu at an age of 13), I believe that the most important motivation for people to do Budo for a very long time is the relation that you build up over the years with other people.

One of my favorite sayings in Budo is: Ko Ken Chi Ai

This means:

Ai = Friendship

Chi = Know

Ken = Sword

Ko = Cross

Learn to know friendship by crossing the swords with someone else.

From the moment René joined our trainings in Amsterdam for Kendo, Iaido and Jodo, we always practiced very hard, and many times René and I were fighting like it was our last fight in this life! We were surely trying to put "Shinken Shobu" into practice. Fortunately, we always fought within the rules of Budo, so we never actually hurt each other. During the many years of practicing together, you also get to know someone very well as a person. When you do Budo seriously, you can't help that your character will be shown in the way you fight in Kendo, or in the way you do a Kata in Iaido or Jodo. This makes the friendship going deeper in the course of time. Louis Vitalis sensei ended this nice explanation with: 'I hope that we still can enjoy many years of Keiko together, in good health and in good spirit!'

And never must be forgotten that respect, loyalty and etiquette are important virtues of Budo and that following the path (DO) has to be done with seriousness, devotion and enjoyment like mentioned before. Only than Kodansha will be able to learn what is inside of Budo instead of only touching the surface.

In the Jodo book written by Hiroi Sensei and Yoneno Sensei and published in English First Edition August 1985 by Eishin Kan Dojo and other parties is stated, that the Zen Nippon Kendo Renmei (ZNKR) is responsible for Kendo, Iaido and Jodo and the granting of Renshi, Kyoshi and Hanshi certificates as well as Dan examinations. In 1984 Hiroi Sensei visited The Netherlands for the first time and Hiroi Sensei kept coming to Europe until the first group of Jodoka within the European Kendo Federation achieved the 5th Dan level.

Jodo was introduced into the ZNKR in Showa 31 (1956). At that time Seitei Jodo didn't exist and the gradings were carried out by individual ryu-ha. A Jodo study committee was set up and it was felt that there was a great demand for the formation of the Seitei Jodo style.

In May of 1963 the ZNKR Committee asked the Study Committee for Jodo under the chairmanship of Shimizu Dai Sensei and 14 others to form Seitei Jodo. This committee, meeting several

times a year, made an initial proposal in February of 1968. The following month the ZNKR Executive Committee met together with the Grading committee of the ZNKR and at this conference, the approval for the formation of the Zen Nihon Kendo Renmei Seitei Jodo Gata was granted.

From a history of more than 300 years of Shindo Muso Ryu Jodo techniques, 12 moves were chosen to form the Seitei Gata Jodo. If these basic 12 moves are mastered, they will serve as a basis to study the larger field of Shindo Muso Ryu.



In 1968, a Jodo seminar to teach Seitei Jodo was held in Tokyo and Osaka and in December of the same year at the All Japan Kendo Championships the Seitei Jodo was demonstrated publicly.

In May of 1969 at the Kyoto Taikai, Shimizu Dai Sensei and Otofujii Sensei (both Hanshi) performed a Seitei Jodo demonstration. Today Jodo is under the responsibility of the ZNKR and seminars are held in many areas all over Japan. It is due to these and many demonstrations at Taikai all over the country that Seitei Jodo Gata has become very well known, hence the significant development of Seitei Jodo.

Above in a nutshell the Responsibility, Actions and Methods to develop a Koryu Art into a Modern Art with the preservation of

the old virtues of this ancient Bujutsu, which has been formed into Budo by the masters from the past.

The Samurai art of Jodo has gained its own firm individuality and tradition through the blood and sweat of generations of practice. However, the growth and spread of the knowledge of Jodo has been limited by the lack of written information, with the result that very few people know about it or practice it.



第112回 全日本剣道演武大会 平成28年5月2日～5日

Consequently, a demand has arisen for some guidance through the written word. That's why the (Seitei) Jodo book was written.

The contents are presented in an ordered and progressive way so that the young and old, men or women can follow them easily and practice together in a friendly way, confident that in time they will not fail to improve. It should prove to be an invaluable guide for generations to come.

The Jo can be used freely as and how the bearer wishes – if used to thrust with, it becomes a Yari (spear); used to hit with it, it's like a Naginata (traditionally made Japanese blade in the form of a pole weapon) and simply held it, it becomes a long sword (Katana). To the outsider the Jo appears simple, but the ability to use it like a Yari, Naginata or Katana demonstrates its extreme flexibility. With nearly a thousand movements possible, the versatility of the Jo is its most important attribute. Strikes and thrusts can be from the right or left or equally well from



both sides without a break, the opponent cannot therefore easily respond to these attacks that change so rapidly from side to side without pause. The ability to rapidly change the attack from one side to the other doubles and re-doubles the aggressive and defensive powers of the jo. The medical benefits to the nervous system, the muscles, ligaments and tendons are also improved by the right and left handed practised of Jodo.

In the abovementioned part of the (Seitei) Jodo book written by Hiroi sensei and Yoneno sensei, already many Responsibility, Actions and Methods from the Kodansha are described in detail. and for example our responsibilities as Kodansha can be summarized as:

- Responsibility for Kendo, Iaido and Jodo.
 - Responsibility for Dan examinations.
 - Responsibility for granting Shogo certificates.
 - Responsibility in writing thesis, articles and books to spread the knowledge.
 - Responsibility to meet with each other during conventions to talk about Jodo and its development.
 - Responsibility to copy and preserve the 12 basic techniques (Tandoku Kihon) to be able to construct a solid fundament on which Jodo kata are based.
 - Responsibility to follow Hiroi Sensei's words to sustain in training the Sotai Dosa (Kihon done between Uchidachi and Shidachi as partners), because it gives the student under guidance of the teacher, he opportunity to train distance, rhythm, metsuke, zanshin, semme, balance, flexibility, harmony, flow, smoothness, sharpness etcetera.
 - Responsibility to use the Jo as a Yari, Naginata and Katana and think about the Suigetsu (Kyusho/vital point: Plexus solaris). Because when you can reach the Suigetsu it is like moonlight on the water and thus means Irimi or enters ones defence. Or the act of entering straight into a technique. In basic training, Irimi usually looks like a step forward, straight or at an angle but usually ending with the body facing the attacker, rather than in the direction of the step. To enter with Irimi, the defender needs to move in the very moment of the attack or initiate it himself.
 - Responsibility for a very important thing, namely: that harmonious relationships between people is reflected much in Japanese behavior. There is a great emphasis on politeness, personal responsibility and on working together for the universal rather than the individual good. Working in harmony is crucial for working productively.
 - Responsibility to keep the mental power of an energetic human being during keiko in the dojo, rather than to fall back into an equilibrium caused by routine.
 - Responsibility to copy and protect all (basic) techniques and to preserve them and teach them in the same way, they are taught through the ages. Thus developing (new) methods in training the arts of jodo, iaido and kendo. By keeping (basic) techniques simple and by avoiding the use of power during the executions of these techniques, one can feel the real fight. And therefore experience during fighting, relaxation instead of too much tension.
- This part of the thesis continuous with some extra point of views before going to the third chapter: . Through all of our Actions and Methods through years of Budo training and also because we get older in age, we should get milder and therefore developing more empathy which can result



in more understanding about people's behavior and their way of thinking.

· Also through the years one should become more able to express one's way of thinking. In this way during our (Budo) lives, it will always be a balancing between for example knowledge, empathy, self-confidence and cultural identity.

· With my background (being able to teach Jodo and Iaido in several European countries more than ten years intensively which means almost every weekend in a year), I am grateful that the harmonious way we travel together leads to products and results. But "standing still" at products and results, is going backwards and will reduce development.

· After reaching a certain level, training already starts towards a new level. It's a never ending story. Keeping your level (and to keep it up to date) is even harder!

· The most important is TRAINING (KEIKO), COPY and PROTECT and this should be learned by following your Budo lineage.

· Be aware of NIJIRIGUCHI or "crawling-in entrance" when entering a Japanese Teahouse. This entrance is used by guests and bending to get in, is a symbol that inside during the tea ceremony all guests are equal regardless of their social status. And don't forget that in Budo we have to be loyal to our teacher (sensei). And that next to serious training, enjoyment is necessary.

Practicing Budo should lead to the heart of things where one can directly confront life and death. If Budo becomes just a way of pastime with no bearing on matters of importance, you have to counter this tendency by hard and severe training (keiko). During which most of the times, but not always, one must rely on spiritual strength. Sometimes not because there is another method used to be able to reach the training goal. If single-minded determination is absent, one will never advance regardless of the years spent in training. Fortify your spirit and throw yourselves into this practice!

This is one of the many texts in the book titled "The sword of No-Sword" about the Life of The Master Warrior Tesshu. A short poem by Tesshu, is always on my mind during my years of practicing Budo and I want to share it with you, because it contains a Method to become skilled into Budo techniques.

The poem sounds:

For years I forged my spirit through the study of swordsmanship,
Confronting every challenge steadfastly.
The walls surrounding me suddenly crumbled;
Like pure dew reflecting the world in crystal clarity,
total awakening has now come.

In a way during your development into a Budoka, you have to realize the state of "no-enemy", also called: "you have arrived". Mu-to or "no-sword" was not a new concept. Tesshu considered himself a restorer, rather than an innovator. His favourite quotation from the Confucian Analects was: "Do not make up your own teachings but cherish the ways of the ancients" and firmly base your system, or method in the traditions of the past. Correct Diffusion - Responsibility, Action and Methods 10

The dojo is a place where the method is used to forge the spirit by Budo training.

In a book about Kendo (author Hiroshi Ozawa) it is stated that the practice of Kendo as a physical activity has a long tradition within Japanese culture. Originally, a method of sword manipulation, Kendo came to be more fully understood through observation of natural laws on the battlefield.

It can be divided into the following three components:

1) The way of the body – how to hold the sword, maa (spatial distance separating 2 opponents) etc. 2) The way of the sword – how to execute a strike, the right moment to execute a strike, etc. 3) The way of the mind – the correct mental attitude.

The methods or skills of the Budo techniques and the practice of them is more than a simple matter of overcoming an opponent. Some hints (methods) are mentioned which can be helpful for the understanding of Budo (Kendo, but also Iaido and Jodo practice of course):

- In the dojo, dispense with any easy sense of camaraderie. As long as you are busy with your fight, the opponent must be perceived as the enemy, and practise carried out as a one-on-one confrontation.
- It should be recognized that each person has his or her own style and philosophy of Budo, which should be respected while still maintaining a sense of harmony in the group.
- Keiko should be carried out with the whole self – spirit (kihaku), physical strength and technique. • Through keiko, strive hard to develop the (inner) self.

To be continued.

Rene van Amersfoort
8th Dan Jodo, Kyoshi



Na een stop van 8 weken, was ik blij, dat de trainingen weer opgepakt konden worden.

Op het schoolplein van Basisschool Sint Maarten, onder een paar grote platanen, was het zowel voor mijn karate- als iaidogroep een prima locatie om buiten te trainen.

We trainden met boken veel kihon en staande kata's. Daarnaast ook Tachi Uchi No Kurai en Iai Jutsu.

Toen de maatregelen iets werden versoepeld zijn we weer naar binnen gegaan. Beurtelings, in kleine groepjes, over verschillende tijdstippen verdeeld.

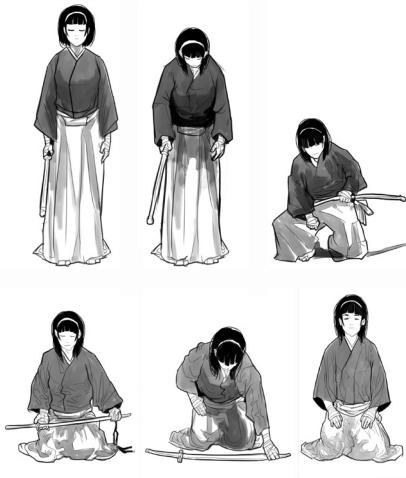
We hopen komend jaar op betere tijden, en dat we elkaar weer in goede gezondheid kunnen ontmoeten.

Tot die tijd: Ganbatte!!

Herman Veltman
Shin Bu Ken Bolsward

Combined motivations in kendo and iaido

Iaido study drawings 75-2



In the last issue of Zanshin (2020-2), I wrote about the challenges of continuing your dō in these times of Corona. After its publication, many people reached out to me, mostly with questions on how to keep motivated enough for all these self-directed activities. Therefore, in the following article, I would like to share some more tips on how to keep your (budo) spirits up. After some information on intrinsic, extrinsic and combined motivations, and some

examples of how these work for me, I will further illustrate my methods by sharing a small bibliography on kendo and some new iaido study drawings. But first, I would like to thank every single person that wrote to me - it is always a pleasure to receive your messages, and your questions and comments really help me to improve my thinking and writing.

INTRINSIC MOTIVATIONS

For me, motivation starts within. So, if you are a bit like me in that respect, you'd want to tailor a motivation that resonates with what lives within you, as a stimulus to stay on course. One of the books in my library is called "Find your WHY" (Sinek, 2017).

As the title already implies, this rather popular book invites you to question the purpose behind what you're doing, in order to help you find clarity, meaning, and fulfillment. For me, it is important to search for the bigger picture, the idea of making a contribution to every context in which I am present. In my experience, starting with defining your many purposes in life and working back from there changes everything. If you have some ideas around your purpose, you can start defining your goals by creating a clear compelling vision, and finally make some plans by breaking that vision down into the steps you need to take to reach your goals (and create a realistic agenda planning). Personally, it always helps me to create a visual of my goal, for example by drawing a mindmap, crafting a moodboard and creating self-portraits such as a digital drawing of me in kendōgu.

EXTRINSIC MOTIVATIONS

In daily life, there are also external factors that can serve as motivators. People often seem to denigrate them - in favour of the intrinsic motivations - but in my experience, you can put these motivations to good use if you know how they work for you. What often works for me when I feel stuck is to try a fresh approach. I found this, for example, in a new study book for Japanese, that explains the grammar I already learnt (but struggled to remember) from a slightly different angle, with new exercises. Also, it massively helps me to work towards my goals together with other people, as I enjoy the sense of "togetherness" of encouraging each other. Moreover, it feels as if I am accountable to the other people, and their performances inspire me. A related one is to actively search for inspiring examples to follow, like by listening to the Tokushikai Inside Look podcast of Patrick Suen. To beat procrastination, I like to break my goals into tasks as small as possible - eg for this writing they were: "turn on computer - open new Drive document - create bullet points" etc. - to

stay in the zone and get in the flow. The last - but not least - external factor for my motivation is the reward. When I finish a task I do not particularly like, I acknowledge my proud and satisfied feelings by buying myself something nice (like veggies for a healthy meal), taking a warm bath (with salt and pearls), or allowing myself some play time (retro games), afterwards. This prospect is sometimes just the extra push I needed.

COMBINED MOTIVATIONS

The easiest way to stay motivated is when you can combine extrinsic and intrinsic motivations. The best example in this category are the “virtual challenges” I joined, thanks to my awesome friend Jolanda. A virtual challenge is a fitness goal that tasks you to walk, run, cycle and/or swim. There can be a certain minimum distance over a specified period of time, but it can also be just “as many miles as you can”. Therefore, anyone of any ability can participate in this competition with yourself, that is challenging yet achievable. You can train when and where it is convenient to you and gradually work towards a bigger goal at your own pace. For me, this really works. It is so much easier to maintain my overall fitness, when it is in an activity “together-apart”, where I can not only earn a shiny medal, but also raise money for charity. Donating to the causes you care about not only benefits the charities themselves, it can be deeply rewarding for yourself as well.

BUDO

Let’s see how these concepts translate to budo practise during Covid. By combining motivations, even in these strange times, my karate and kobudo practise went rather smoothly, according to circumstances, as I had the privilege of some (private) lessons and training sessions with my wonderful sensei, both virtually and in the dojo. Moreover, the shutdown over Covid presented me with an opportunity, which I grabbed with both hands; the advent of online Kata Tournaments. In these tournaments, competitors from all over the world compete against each other in a one on one knockout style competition, but all is completely virtual, so I performed some of my favourite kata in front of my phone or webcam. So far, I have achieved one 3rd place and two 2nd places, and am currently preparing for the semi final round of the Euro Grand Prix e-tournament. It is always very instructive to have to perform kata on the spot (sometimes just from my own home) and rewatch them (and cringe), to look at the performances of the other participants and to listen to the comments I received (mostly from the jury, but also from the other participants and their coaches). For kendo and iaido, however, this was a completely different story. I could hardly train those disciplines outside of my home, so I had to adjust my routines - I mean, it is rather impossible to practise kirikaeshi when you are in your apartment, alone, isn’t it? Still, even in lockdown, I found that there are many ways to engage with your budo today, to become a better budoka tomorrow.

KENDO

For kendo, I first examined my “why”, my intrinsic motivations. And I found that I wish to learn (about) kendo for three reasons. One: I desire to gain a better understanding of Japanese sword culture and history. Two: I aim to become better at kendo and enjoy this practise. Three: I want to understand and remember kendo jargon and related Japanese terms in order to pass the theoretical part of my first Dan exam. My favourite book about queries in the first category remains The Book of Five Rings, by Miyamoto Musashi kensei, who is also a great example for me

in the fine arts (sumi-e, calligraphy and self-portrayal). As for my second and third wish, luckily, I found that there are a plethora of books and manuals published to aid people like me in meeting these needs. Various inspiring kendo practitioners have poured their wisdom, knowledge and experiences in books with the intention of making kendo training, philosophy and history more effective and accessible to learners. Thanks to the present-day technologies, many of these books are now also available online. In the next section, “from the library of a kendoka”, you’ll find a small bibliography containing five interesting books on kendo. This selection is rather random, often based on availability and price, but I learnt something new from each of them. Other honorable mentions include; Teikoku Kendo Kyohon (The Kendo Textbook of Imperial Japan) by Ogawa Kinnosuke, (Self-published, 2015), Kendo Tokukon (The Kendo Reader) by Noma Hisashi (Self-published, 2013), and This is Kendo: The Art of Japanese Fencing by Junzo Sasamori and Gordon Warner (Tuttle Publishing, 2012). Should your favourite kendo book be missing from this list, please do not hesitate to inform me about it.

IAIDO

In iai, my way forward at the moment lies mainly in memorising the kata. Even if I cannot physically train (with my iaito), I try to practice this mentally, by imagining myself performing the kata, and studying the ZNKR booklet. To remember the sequences and try to see the various body movements as a whole, without mixing the various kata up, I regularly sketch some of the distinct postures through which the motions pass. As many people asked me to share more of my study drawings, I inked a series about the to rei. Once more, I would like to explicitly mention that this is not meant as an example of the “right” form, but as an example of how you can work on your iaido from behind your desk, in order to better remember the sequence of actions (just like reading/writing the booklet). Although Franz Liszt is claimed to have given concerts with pieces he had only mentally practised, in my opinion, mental practice will never replace physical training, but it might be a nice addition and a way to keep up your level as well as your motivation.

MIYAMOTO MUSASHI

To end this piece, I would like to share my personal top five guidelines by Miyamoto Musashi, which I hope will inspire you as much as me. In the silence of being in the eye of the hurricane, I am formulating my resolutions for 2021, guided by these statements of his. And I hope that by sharing some more of the ways in which I currently work on my martial arts journey - including tips on how to combine motivations to keep your (budo) spirits up - might help you to reflect on yours. It is my wish that by sharing our ideas, we can support and inspire each other to stay happy & healthy in these times of Corona.

宮本 武蔵

1. The Way consists of practice
2. Be better than yesterday
3. Don’t do anything that doesn’t make sense
4. Keep your composure
5. Don’t look for anything outside yourself

Martine Mussies

N.K.R. Activiteiten 2021

Kendo		Jodo/iaido	
10 Jan 2021	CT Kendo + beginners Zwolle/Meppel – 11.00-14.00 uur		
30 Jan 2021	Team training kendo Zoetermeer	Ishido Cup	Vianen
31 Jan 2021	Team training kendo Zoetermeer	Ishido Cup	Vianen
6 Feb 2021	Shinpan Seminar Brussel		
7 Feb 2021	Shinpan Seminar Brussel		
21 Feb 2021	CT Kata ('s middags ALV) Van Hogendorp hal 2 – 10.00-13.00	CT jodo + iaido tegelijk ('s middags ALV)	Van Hogendorp hal 1 – 10.00-13.00 uur
27 Feb 2021	Team training kendo Zoetermeer		
28 Feb 2021	Team training kendo Zoetermeer		
13 Mar 2021	Iijima-cup?	CT jodo/iaido	SP Zuid schermzaal – 10.00-13.00 uur +
14 Mar 2021	Iijima-cup?		hal 3 – 14.00-17.00 uur
20 Mar 2021	Iijima-cup?		
21 Mar 2021	Iijima-cup?		
27 Mar 2021	Team training kendo Zoetermeer		
28 Mar 2021	Team training kendo Zoetermeer		
11 Apr 2021	CT kendo (scheids.+wedstr.) SP Zuid hal 3 – 11.00-16.00 uur	NK jodo/iaido Individueel	Voorschoten
18 Apr 2021			
24 Apr 2021	Team training kendo Zoetermeer		
25 Apr 2021	Team training kendo Zoetermeer		
2 May 2021	CT Kendo + examens SP Zuid hal 3 – 11.00-16.00 uur	CT jodo/iaido	Van Hogendorp hal 2 – 10.00-13.00 +
15 May 2021	Team training kendo Zoetermeer		14.00-17.00 uur
16 May 2021	Team training kendo Zoetermeer		
29 May 2021	WKC kendo Parijs		
30 May 2021	WKC kendo Parijs		
6 Jun 2021	NK Kyu /teams Wageningen	NK jodo/iaido Teams	Rotterdam
13 Jun 2021			
19 Jun 2021	Team training kendo Zoetermeer		
20 Jun 2021	Team training kendo Zoetermeer		
27 Jun 2021	Edo / Odinot cup Groningen		

Vanwege de COVID-19 maatregelen is de agenda onder voorbehoud!
De meest recente agenda is te vinden op de site van de NKR (www.nkr.nl) !