

# SHINTAIDO



Above photo Kazuhiko and Graham Slater attended this Gasshuku held in Japan at the foothills of Mt Fuji drawing participants from several countries. Shintaido run many Gasshukus throughout the world in an effort to help participants reach a certain mental / spiritual state perhaps not achieved easily in normal dojo classes.

12. *Do you feel cross training with other styles would be a benefit to the way you train?*

Yes I do. Especialy for the basic training.

13. *Do you feel that there is no need to cross train with other styles?*

No I don't.

14. *Do you adhere to a set syllabus for teaching your students or is it just a rough guide?*

Just only a rough guide for me. But my main melody is to trace it.

15. *Does you style compete in tournaments and if so how much of your classes is dedicated to this practice?*

No it doesn't.

16. *Have you ever trained overseas? What do you feel were the real benefits of that/those experiences?*

Yes. This has given me stimulation in my training.

17. *What is the key philosophy you teach in your martial art?*

Islamism & Japanese shinto.(Same with Morihei Ueshiba,the founder of Aikido)



18. *Do you have any special or unique training methods you feel releases the stress or tension out of the body?*

Alexander technique & chikon.

19. *Do you have any exercises you feel heightens your awareness?*

Yes I do, too many to discuss now.

20. *Do you think that Yoga is a good training addition to improve flexibility?*

Of course.

21. *Do you train in some techniques with your eyes closed and if so what are they and why?*

Yes. To get higher concentration.

22. *What are your favourite ways to warm up for your class?*

"Morning exercise" in Shitaido.

23. *Do you incorporate meditation in your training, if so what are the benefits in its practice?*

Yes I do. Sharp concentration.

24. *How important do feel the 'Kiai' or (loud shout) is when executing a technique?*

Most important. It makes correct forms.

25. *Who has been the most influential person in your training to date?*

Shigeru Egami.

26. *How would you describe your style of martial art?*

Flexible Karate.

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## KAZUHIKO SHIRAI

37. Do you have sparring in your training if so what type do you practice?

Yes. Full contact.

38. Do you feel Kata/Forms play a big role in your training if so why?

Yes. It brings correct posture.

39. Do you use pressure point striking in your training if so when do you introduce it to students?

Yes. Self defence class.

40. Do you use weapons in your training, if so what ones do you use and when do students start to practice with them?

From the start Beginners are introduced into weapons training generally the Bo first.

28. Do you incorporate natural healing like massage, shiatsu, Chinese medicine etc into your teaching/training?

Yes.

29. Is there anything you would like to say to the new student of the martial arts in respect to advice on training?

Continuation is power.

30. Do you have any favourite techniques or Katas?

Yes all are favourites.

31. How do you interpret the term the 'spirit of the art'?

Life is safe. Everything gets development and reincarnation.

32. What training would you advise a student to improve the power and speed in their kicks?

Jump .stretch & correct posture .

33. Do you train students for self defence against multiple attackers if so what are the key elements in your strategy?

Yes. Positioning.

34. What methods do you use in training to increase focus and concentration?

Deep breathing & meditation exercises.

35. How important is 'timing' in a technique apposed to say speed and power in your opinion?

That's all.

36. Do you use punching bags/hand held shields in your training if so what part does it play in your overall training?



Next issue we will cover the training of Shintaido and its amazing development from Shotokai Karate to the 'Art of Movement and Life Expression' as founded by Hiroyuki Aoki, pictured below.

Picture left the Moro Geri or double jump kick from a squatting position often practised hundreds of

times regularly on beach training sessions.

Top left Aoki Teacher takes a class through Hiza Kihon, basic training from the knees designed to strengthen and flex the hips knees and ankles. This is practised on any surface on tatami, wooden floors and outdoors.

Below One of the many Australian groups that Graham Slater has taken to Japan, Kazuhiko far right.

