

JANUARY 2021

# Bujinkan Gaman Dojo

BLOGS, VIDEOS, NEWS, & MORE



Discussion  
points:

- MEDITATION
- THROWING  
SHURIKEN
- NEWS

## Welcome to our January newsletter!

WELCOME TO TWENTY TWENTY-ONE!

Our first newsletter of the new year! You might notice some small changes going forward in the dojo. On an operating business level, we have finally organized the services Alex and I (Rob) have been providing into one business model organized under Gaman Gaisha. This should not affect Gaman Dojo in any perceivable ways on your end. All it really means is that we are now better positioned to offer the tutoring, martial arts, consulting, and personal training solutions we've been bringing to the table for a while now. If you're interested and haven't been to the website in a while, give the new layout a look and let me know what you think! [Go To Our New Webpage](#)



# This Month's Spotlight

## MEDITATION AND MARTIAL ARTS (PART ONE)

In this multi-part series, I plan on discussing different facets of meditation and the relationships that can be drawn to the martial arts. Though that general topic would be enough to fill volumes, I plan on focusing on correlations between traditional Japanese meditation methods and our martial practices along with interplay between them.

First, we will take a look at our bow in procedure which helps separate time and space designating our training. It gives us an opportunity to take some time to ourselves and center our thoughts and bodies in the moment. The position we sit in is referred to as seiza. This is the kneeling position with the feet relaxed and the tops of the feet resting on the floor (kiza is the similar position with the toes rigid and supporting the body).

While sitting in this position with your head high, subtly rock side-to-side and back-and-forth to better find your center physically. It should feel as if a string is connected to the

top of your head holding your spine taught, but not rigid. Once you are settled, it will make it easier to concentrate your energies internally as opposed to externally on your body's condition.

Now, turn your attention towards your breathing. A helpful breathing routine can be described as the four fold breath; one breathes in for a four count, holds it for a four count, breathes out for a four count, holds the empty breath for a four count, and then repeats. This simple breathing pattern should help with focus and control.

The final portion of our procedure involves reciting "shiken haramitsu daikoumyo" while clapping in unison. There are several interpretations of what this phrase means to us, especially the initial words. One that I hold dear treats "shiken" as an onomatopoeic device that represents swords clashing.



## Meditation and Martial Arts (cont.)

Another takes the writing of “shiken” as 四拳 (literally four attributes of the heart: mercy, sincerity, dedication, and being attuned to nature), while another chooses to read it through the characters 詞韻 (literally “rhyming lyrics” and an empowering Buddhist phrase representing of the sound of two opposing poles coming together). “Haramitsu” refers to a type of spiritual awakening or clarity found in Japanese Buddhism also known as “satori”.

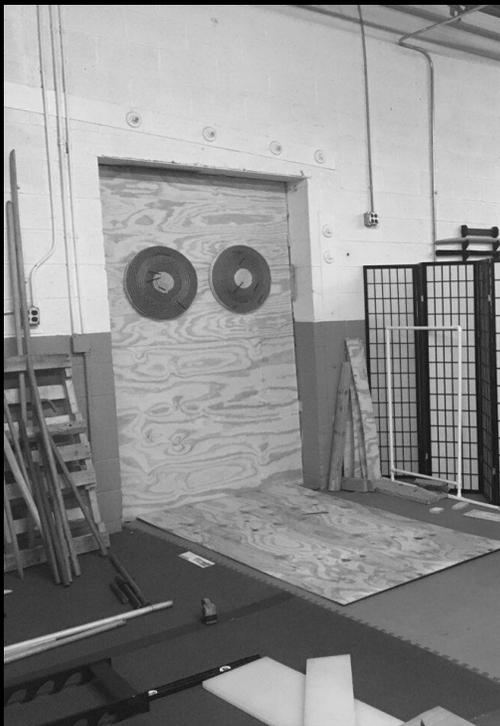
This is a Japanese interpretation of a Chinese translation of the Sanskrit word “paramita”.

Paramita is the Mahayana Buddhist word used for a concept of the six perfections, often directly translated as perfection. In Theravada Buddhist circles, the term “parami” is usually used. “Daikoumyo” pertains to a bright light and can be seen as hope or, specifically, a bright future. Bringing these concepts together, we are asking to find enlightenment/divine inspiration amidst conflict with a correct heart.

That brings an end to the bowing in procedure, and brings us together in our quest for enlightenment through persevering through strife. Bowing in before the onset of class is one of many opportunities to hone the skills required in both meditation and conflict. Like many aspects of training, when the technique begins and ends often depends on the student’s perspective of the art. Take this time before the physical training to center your focus and prepare for the lesson at hand.

我慢強い  
(gamanzuyoi)

Rob



# This Month's Video

## TIME AT THE RANGE

At the beginning of the month I attempted to record a video of me throwing shuriken (in all the fancy ways you know I do) after a long day of working out and training. It was terrible!!! I was exhausted, and I was filming out of some sense of obligation. This is not that video. This is a recording of me trying to calm down from an especially stressful morning one day. I sat to meditate, and like often happens, I decided to fill that time with active meditation. I was hoping to cover active meditation more in this month's article, but it will have to wait. Until then, enjoy a small discussion on the topic while I throw some uchi bari!



Bujinkan Gaman Dojo

## Meditation What's The Point?

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# News & Events

## SOME THINGS TO KNOW

For the foreseeable future, we will still be implementing the following guidelines for classes:

- 1) Have a mask on upon arrival.
- 2) Receive temperature check.
- 3) Sanitize hands.
- 4) Keep mask on in presence of others.
- 5) Clean any used equipment
- 6) Be excellent to each other.

I'm setting some rather ambitious goals for myself this year. With the help of Alex (Is there any other way?) the plan is to be producing an Instagram post with dynamic pictures each week, along with the release of two videos a month. For the time being, I plan on re-uploading some of the previous instructional videos along with new content to bide me time to create a cohesive digital library. Many of you know my long term goals include having an accessible library for students to reference to suit their own needs, and it's been a long time coming. I finally feel that I am in a place to produce this material consistently while keeping up with my own training and continued education.