

NOVEMBER 2020



Bujinkan Gaman Dojo

BLOGS, VIDEOS, NEWS, & MORE



This months
discussion points:

- PURPOSE
- SUMMARY
- ARTICLE
- VIDEO
- NEWS & EVENTS

Welcome to our monthly newsletter!

ITS PURPOSE

In order to better serve the needs of our community we have created a monthly newsletter to showcase specific aspects of the dojo, along with information to better the quality of everyone's experience. Content will range from instructional videos, book reviews, lectures, cultural insights, and information in regards to physical and mental wellness. All these things will pertain to our training and will be presented in a relatable and easy to understand manner. This will help unite our thoughts and expectations as a dojo through these times of isolation. Hyperlinks will take you directly to any outside material. Enjoy!



This Month's Spotlight

WHAT TO EXPECT MOVING FORWARD

For our inaugural publication, we will provide some more information about the purpose behind the dojo and a video on the recent renovations and expansions we have made in the physical space. In the future, videos will mostly be used for instructional content to supplement and augment any in class experiences. As you all know, classes are catered to individual needs, and sometimes a more neutral demonstration helps us to see things in a different light.

Gaman Dojo is in a place to expand and offer more instruction, information, and services than ever before! We are in the process of completely renovating the physical space, and will soon have more than ample area and equipment devoted to exercise and fitness training. On top of this, the dojo space will have a new and improved shuriken range and a permanent area dedicated to tameshigiri. With this physical growth we will be providing more developmental opportunities through our digital platforms as well. The goal is to optimize the experiences of those attending lessons and to provide as much useful tutelage as possible to those not capable of participating in person. The dojo is expanding in scope both physically and digitally!



This Month's Article

THE MISSION OF GAMAN DOJO

Gaman Dojo is a private non-competitive martial arts studio dedicated to the study of Bujinkan Budo Taijutsu. Currently, we are also offering opportunities catered towards exercise/physical wellness with our expanded Gym クラス (Kurasu) area.

Through education and experience, we hope to instill the hard work ethic, and sense of devotion that comes with a 我慢 (gaman) mindset.

Bujinkan Budo Taijutsu is a traditional Japanese martial arts system consisting of nine different schools (ryuha) brought together under one roof. Where “Bujinkan” (武神館) is the name of the international organization and “Budo Taijutsu” (body fighting arts/warrior body arts) describes the methodology;

also occasionally referred to as ninpo taijutsu (ostensibly body skills of the ninja).

The Bujinkan is headed by Masaaki Hatsumi Sensei out of Japan. The approach taken to the martial art includes developing our mind, body, and spirit in order to better cope with, and thrive, in the world we collectively live in. We do this by developing body mechanics specific to our methodologies of defense/combat, practicing these mechanics in order to learn how to reach our desired results, and utilizing tools and weapons to enhance our training beyond that of mere hand-to-hand combat. The spirit is hardened as the mind is opened through the new found abilities brought on by the dedication of physical work by the student.

This Month's Article

THE MISSION OF GAMAN DOJO (CONT.)

Exercise and physical well being play a large role in effective martial arts systems.

This is because martial arts practiced by civilians need to address more than the concrete enemies we may (hopefully) never face. We should be addressing our shortcomings, and be actively fighting against the greater dangers of the western world; namely obesity and the myriad of health complications that come with unhealthy lifestyles. Many martial artists will tell you that they train in order to keep their families and themselves safe from the all to many dangers of the world we live in. Though this is an honorable sentiment, keeping one's mind and body healthy with diet and exercise should be a first step.

Martial arts training on its own offers many health benefits, but for those who do not wish to train in the martial context or simply improve themselves in more ways, we offer personal fitness training to focus specifically on these needs. Equipment can be used freely by the individual, or a targeted program can be developed through a one-on-one assessment in order to maximize the results that are sought after.

Through these disciplines, and varied approaches to self improvement, one thing will stay consistent: gaman. A glimpse of this can be brought to light through the definition found on Wikipedia: "Gaman (我慢) is a Japanese term of Zen Buddhist origin which means "enduring the seemingly unbearable with patience and dignity". The term is generally translated as "perseverance", "patience", or "tolerance."

This short explanation helps a potential student/member understand the attitude of our training hall. The first character (ga) refers to the self, or one's ego. The second character (man) when used on it's own or in most other compounds can mean either prideful/conceited or sluggish/slow. An interesting example would be 慢心 (manshin), which is our character "man" paired with heart (shin). Here it means self-conceited. Our goal is to use this potentially self destructive energy and channel it in a productive manner.

At Gaman Dojo we face our demons head on, and usually it is a less than comfortable experience. We learn to be honest with ourselves in order to better our ability to apply our skills, and develop those techniques that we are lacking. We shape our hearts by honing our physical bodies and channeling our will. The challenge is great, but not nearly as great as the rewards found by eventually accomplishing that which you currently aren't capable of.

Through either martial arts or fitness training I can promise you success, but only if you are willing to fail.

我慢強い! (Gamanzuyoi!)

Robert Bigley Shidoshi/Personal Trainer



This Month's Video

RECENT RENOVATIONS

I did a lot of recording during the renovations of the space. It was a difficult task for me. Firstly, I don't particularly enjoy the process. Secondly, SO MUCH EDITING! In the end, I can say it is enjoyable to look back on and to see how far it has all come. It's really coming together..... Anyway, I've attached a Youtube link to the photo on the right to take you to the first in a rather candid series being made on the renovations. In the future you can expect more videos in the series and others on varying topics.



Bujinkan Gaman Dojo

Dojo Renovation Series Intro to the Old Space

GAMANDOJOINFO@GMAIL.COM



News & Events

SOME THINGS TO CHECK OUT

In other news, by all accounts Hatsumi sensei is healthy and doing well. Japan is experiencing similar issues as the U.S., and there isn't any training taking place on a large group scale. Paul Masse is offering podcast-like Zoom sessions for more insight in current events and interviews with various shihan and people of interest in Japan. You can access more information about this at [Fun with Paul and friends](#).

As far as upcoming events go..... I'll keep you posted on the Discord!

I found a fun article on exercising with battle ropes: [Battle Ropes like a Judoka](#)

Also, an interesting article on how our perceptions and capabilities as individuals shape our reality: [Your perception of reality is skewed](#)