

PRECONDITIONS

Previous knowledge of sumi-e, aikido or zen is not required!

PROGRAMME

Included in the price: sumi-e teaching, aikido training, sumi-e materials, full board (zen cooking), possibility to sleep at the dojo (bring a sleeping bag!).

PRICE

150 € (Only registration for the entire seminar is allowed.)

REGISTRATION

Registration by e-mail to

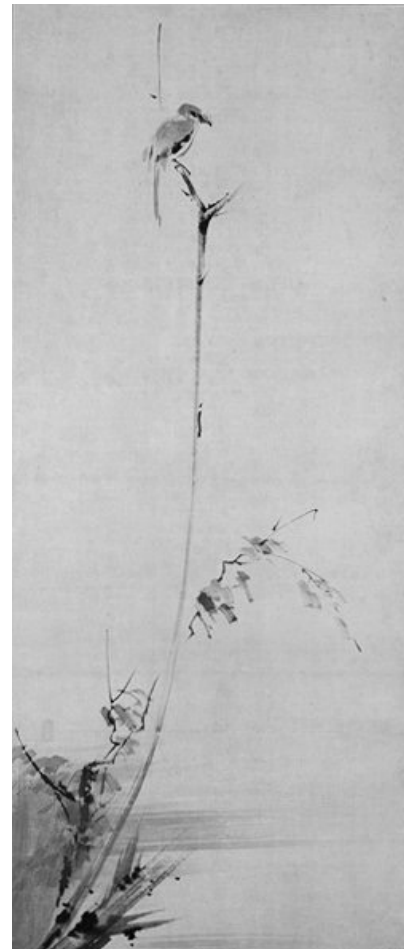
Georg.Schrott (at) web.de



Workshop

**BUNBU
RYODO**

**THE WAY
BOTH OF
BRUSH
AND
SWORD**




May 25th–27th 2018

with

Beppe Mokuza Signoritti (Bodai Dojo, Alba, Italy)
and **Georg Schrott** (Aikidojo Bochum)
at **Aikidojo Bochum**

Organiser:

Aikidojo Bochum e. V.
Alleestraße 24 (in the backyard)
D-44793 Bochum
<http://aikido-bochum.de/> und 



None other than Miyamoto Musashi was the artist of the painting, which shows a shrike on a withered branch. Musashi is the most prominent proponent of bunbu ryodo, the “way both of brush and sword”. The term expresses that the self-concept of the samurai was not confined on being a warrior, but also included the pursuit of aesthetics and fine arts – a cultural heritage that is handed down upto now in the Japanese „arts of the Way“.

„BRUSH“

The Japanese expression „sumi-e“ means “black ink” (sumi) and “painting” (e) and it is a form of art in which subjects and themes are painted with china ink in different shades of grey.

In sumi-e, technical perfection or talent is not necessary; anyone can learn sumi-e when one follows the spirit of one's teacher whose instructions are often based on intuition.

The basis of practical learning is direct contact with the teacher in which the participant follows examples of his work or classical models.

Genuine sumi-e is characterized by clarity and spontaneity that are transmitted directly to the viewer's perception. Thus, for an image to be "alive", all its components must be alive. Every superfluous detail is omitted, because sumi-e captures the essence of nature.

More information and evaluations in Beppe's sumi-e Homepage:

<http://www.sumi-e.it/en/homepage-en/>

BEPPE MOKUZA SIGNORITTI

For more than 20 years Beppe has dedicated himself to sumi-e and zen meditation. He is a sumi-e master, Soto-Zen monk and director of the Bodai Zen Dojo in Alba, Italy. His zen teacher is Roland Yuno Rech. Beppe shows his paintings and teaches sumi-e in many European countries; he lectures and gives courses for children, teens and adults on this subject.



„SWORD“

There will be practiced typical aikido exercises with the bokken (wooden sword): basic techniques, partner exercises and defense against sword attacks. The focus however will not be on „fighting“ or „self defense“, but on the confrontation with oneself and an increasing blending with the sword and the movements of the partner.

GEORG SCHROTT

Schorsch has been an Aikidoka since 1972 and has more than 30 years experience as an aikido instructor. He has been influenced by various teachers: at the beginning by Werner Winkler in Tirschenreuth, followed by the teachings of Asai Sensei and many of his students, the spiritual radiance of Tada Sensei and the aikido approaches of Patrick Cassidy and Miles Kessler.



THE SIDE PROGRAMME

The time schedule will be very intense. In addition to meditation, painting and aikido, we will spend some time on both everyday and cultural activities. We will prepare meals with Beppe's assistant Alessandro and eat together at the dojo.

SCHEDULE

Friday

17.30	arrival, registration		stration of sumi-e and
19.00	zazen – kinhin – zazen		aikido
20.30	dinner	23.00	lights out (for participants
21.10	introduction and demon-		sleeping in the dojo)

Saturday

6.20	wake up bell (for partici-	13.00	lunch break
	pants sleeping in the dojo)	15.00	sumi-e
7.00	zazen – kinhin – zazen	17.00	aikido (only for aikidoka)
	(sutra chanting)	19.00	zazen
8.00	breakfast	20.15	dinner
8.30	aikido (für all participants)	23.00	lights out
10.00	sumi-e		

Sunday

6.20	wake up bell		second part for aikidokas)
7.00	zazen – kinhin – zazen	10.00	sumi-e
	(sutra chanting)	12.30	zazen
8.00	breakfast	13.15	lunch break, conclusion
8.30	aikido (first part for all,	15.00	departure