

Dear all,

Danny da Costa, (Judo 6th Dan and European Silver medallist, Aikido 4<sup>th</sup> Dan, and boxing champion), will be holding a SHINJIDO Seminar in Slough on the 10th November 2007. Kuzushi Judo will be hosting the event at the purpose built Tatsumaki dojo. ([www.tatsumakidojo.co.uk](http://www.tatsumakidojo.co.uk))

What is SHINJIDO?

The Olympic sport of Judo is and should be a progressively changing and evolving dynamic martial art. The true greats of our sport have the edge, not only because of their talent but also in the unique way they laterally approach contest technique. For example, Koga's "One handed Morote seoinage" and "Ippon seoinage to Hari-tsuri-komi goshi" switch, or Neil Adams' "Juji gatame" roll and the "English hold down". These top international players were the first to try their new techniques, then every body else copied them.

It does not have to be that way. Instead of becoming a carbon copy and never equalling the best, why not think laterally. Look at the principles that make a technique work and apply those principles to invent new contest winning moves? Or to put it another way, Shinjido.

The Shinjido approach, applies additional principles rarely if ever seen in other martial arts. The emphasis is on effortless power and as such in martial circles it would be regarded as an internal art such as Tai Chi. However Shinjido is not only highly practical and effective, it is easy to understand because the principles involved are quite clear.

The Shinjido approach can therefore be applied to Judo under competition rules and it can make such arts as Aikido more effective for reality situations. In fact Shinjido principles may be applied to all martial arts. For example, I am currently coaching five Brazilian Jui jitsu players Judo and Shinjido principles with early encouraging contest success.

To quote Billy Doakes 8th Dan Jui Jitsu, 4th Dan Judo "Judo is the best known secret in martial arts" and to quote Alan Petherbridge MBE 9<sup>th</sup> Dan judo, 7th Dan Jui Jitsu "Shinjido - this is the future"

The Judo players I coach have found this Lateral and open minded approach to judo of benefit in recent medal winning success :- at the British Masters 2007 (Bronze), British Masters 2006 (Bronze), British Closed 2006 (Silver), Wycombe Masters 2007 (2x Gold), and the Salisbury open 2007 (Gold).

Shinjido is the brainchild of Danny da Costa and means "Danny's way".

Danny's unique teaching style is instructive, informative and above all great fun.

Shinjido will be of use to:- players (Aikidoka / Judoka), (in particular Juniors progressing to Senior level), Coaches, Open minded martial artists with or with-out Judo / Aikido experience, Spectators who are interested in having an entertaining demonstration of martial arts knowledge. In short... everybody over the age of 14 ...

The agenda will be as follows :-

10am Practical session lead by Danny (spectators also welcome)

12pm Light buffet lunch and refreshments.

1pm afternoon practical session lead by Danny (spectators also welcome)

2.30pm coffee

4pm close.

We should all know each other well by the end of the day... So please let me know in advance (by October 27th) if you would like to go for a meal in a local restaurant at around 6pm to round off the proceedings.

Entry cost at £20. Danny's courses are well attended. As places are likely to be limited it is advised to book early rather than simply turning up on the day. Please contact me for further information.

Dominic Reeks

07834 640 298