

*Sennin Foundation
25th Anniversary
Commemorative
Booklet*

25 Years?

Dear Sennin Foundation members,

It's hard to believe that 25 years have past since I founded the Sennin Foundation Center for Japanese Cultural Arts in 1981. On the other hand, my wife says I don't have much sense of the passing of time, so perhaps it's not so hard to believe after all.

At the Beginning . . .

I began studying Japanese martial arts (*jujutsu*, *judo*, and *aikido*) as a young child, during an era when few non-Japanese were involved in these disciplines. As the result I spent more time around Japanese people and Japanese-Americans than the average person in the USA, which resulted in my introduction to the *Shin-shin-toitsu-do* system of Japanese yoga and meditation when I was in middle school. This spiritual path changed the course of my life, became my primary focus, and later aided my study of Japanese brush calligraphy (*shodo*). Its meditation leads to a state of consciousness that resides solely in the present, in a moment beyond time.

Perhaps as the result of the meditation experiences I've had, at my core I feel something beyond words that is eternal and unchanging. Of course over the years my hair has turned grey, and my body is different than before. While I notice the changes, I don't usually think much about these things. My body is simply a tool with which I live my life, but there's much more to us than our bodies.

Starting in childhood, there was nothing I wanted to do more than instruct at a *dojo* like the one I presently teach at. My love for the Japanese arts and Ways that I practice is just as strong now as it was then. The years have altered how I teach, and my understanding of these time-honored paths has evolved, but I still feel the same essential passion and enthusiasm that I had when I first discovered Shin-shin-toitsu-do and the other art forms I've devoted my life to. And I continually rediscover the experiences I had in meditation as a child. Such experiences and states of mind tap into something beyond the realm of time, leading us to an aspect of existence that is both infinite and eternal.

A Continuing Legacy

So maybe my wife is right about my weird sense of time, this sense having been irrevocably altered by meditation. And although I don't pay much attention to what hour it is, how many minutes have elapsed in one of my classes, or even the date, I do know that 25 years is a long time to keep an organization like the Sennin Foundation Center in existence.

Many other institutions devoted to subjects like meditation, Asian healing arts, or martial arts have come and gone in this space of time. Hundreds of people have passed through the doors of our dojo, all learning about the power of mind and body unification, but not all staying the course. While our dojo remains small, I do wonder at times why it remains at all, when other seemingly similar associations have disappeared. Although I'm not sure I have a definitive answer for this, I am sure of a couple points.

First, it's clear that the principle of cause and effect is omnipresent in the world. Whatever we do creates a series of related reactions, with right action leading to right

reaction. Even though all of life is connected in infinite and subtle ways, we can still see that positive and constructive actions lead to positive reactions from the universe. Simply put, if we're willing to help other beings, the universe in turn helps us in ways both surprising and often unpredictable. Whatever good fortune our dojo enjoys is related to our members' sincere wishes to help others as much as themselves.

Second, the universe affects our lives and our institutions through the actions of people. Our dojo is not exempt from this, and the Sennin Foundation Center exists today because of the kindness and sincerity of its students and teachers, both past and present. Many people have contributed to the development and preservation of our dojo, but I am deeply grateful to the following people, who deserve special mention:

- Kevin Heard Sensei
- Patricia Heard Sensei
- Ann Kameoka Sensei
- Ohsaki Jun Sensei

In recent years Kyle Kurpinski Sensei, Michael Souders Sensei, and Sean Souders Sensei have also been helpful to our dojo. I hope they've benefited as much from their association with me as I've benefited from knowing them. I'm looking forward to many more years of practice and friendship with all the past and present members of the Sennin Foundation Center.

My Teachers

Yet the Sennin Foundation Center would have never been born if it weren't for my teachers, who I'm also indebted to. I've learned from many people involved in the Japanese art forms that I practice, but I'm particularly grateful to these *sensei*:

- The late Victor Davey Sensei (jujutsu)
- The late Hirata Yoshihiko Sensei (Shin-shin-toitsu-do)
- Tohei Koichi Sensei (Shin-shin-toitsu-do)
- Hashimoto Tetsuichi Sensei (Shin-shin-toitsu-do)
- Sawai Atsuhiko Sensei (Shin-shin-toitsu-do)
- The late Kobara Ranseki Sensei (shodo)

Some of these teachers were kind enough to write a few words for this commemorative booklet, which I hope you'll enjoy. Similarly, Mr. Hashimoto Koji, Stephen Fabian Sensei, and Nicklaus Suino Sensei, my friends and colleagues, also contributed to this slim volume, and I'm in their debt. To keep costs down, we were forced to shorten some of these contributions, and in some cases a few sentences were condensed into one. I believe, however, the general intent of the messages remains intact.

I'm also grateful to the various organizations, in the USA and Japan, which have long recognized and supported our dojo:

- Tempu-Kai ("The Tempu Society"), Tokyo
- Kokusai Budoin ("International Martial Arts Federation"), Tokyo
- Shudokan Budo-Kai ("Shudokan Martial Arts Association"), Ann Arbor

- Ranseki Sho Juku (“Ranseki Japanese Calligraphy School”), San Francisco
- Wanto Shodo-Kai (“East Bay Japanese Calligraphy Association”), Oakland
- Kokusai Shodo Bunka Koryu Kyokai (“International Japanese Calligraphy and Cultural Exchange Association”), Urayasu

Though I have a long way to go before I can approach the ability and knowledge of my various sensei, I think that most of them are nevertheless happy with our dojo’s ongoing existence and the contributions that we have made to the health and well-being of people in our community.

The Ties that Bind

Although most of you have never met my teachers, you are also indebted to them. Their influence is felt in our dojo on a daily basis, even if they live in another country, have retired from active teaching, or have passed on.

My connection to them is not diminished by the miles that divide us, nor is your tie to them ultimately less than my own. If we plumb the depths of any of the Japanese *Do* forms, which are equal parts art and Way of living, we find that a distance of thousands of miles and even hundreds of years does not separate us from others of a similar spirit that have traveled along the same path. It is a connection of consciousness that binds us.

I practiced shodo as both fine art and moving meditation for over 20 years with Kobara Ranseki Sensei. We saw each other every week or so, but I never met his teacher Fukuzawa Seiran Sensei, who passed away before I was born. Nevertheless, at Kobara Sensei’s home I saw Fukuzawa Sensei’s artwork and sensed his spirit in the ebony luster of ink decades old. It was a spirit I found in my teacher Kobara Sensei, and it went beyond related painting techniques.

In December of 2005, Kobara Sensei passed away. Now I provide shodo instruction for the advanced group of Japanese students that had trained under him for many years. Yet I inherited more than Sensei’s senior students.

While I miss my teacher’s compassionate gaze and encouraging words, I sense his gentle presence and positive influence in my life perhaps more strongly now than when he was alive. I feel it most intensely when I paint in my studio, where I’m surrounded by his award-winning calligraphic art, but it’s not limited to those moments. It is a constant presence and an enduring legacy. His longtime students have noticed this as well, often commenting about the similar spirit in my artwork, and noting that they also feel my connection to Kobara Sensei.

An Inheritance beyond Time and Distance

That said, it is a connection of *ki*, or “spirit,” that does not stop with Kobara Sensei. It includes his teacher Fukuzawa Sensei, and his teacher before that. It is communicated to my shodo students and my “grandstudents,” and the same can be said for any of the Japanese disciplines that I teach.

This related spirit and handed down methodology is not diminished by the vastness of oceans or the barrier of death. It’s a connection that is transmitted “from mind to mind” and the realization of a state of mind and quality of character which is the same

for all Do forms, be it shodo, *kado* (“the Way of flower arrangement”), *sado* (“the Way of tea ceremony”), or some other discipline.

It is a spirit and realization of something eternal, endless, and universal. It transcends nationality, race, gender, physical proximity, and even death.

Each member of the Sennin Foundation Center is exposed to a universal teaching that is ultimately beyond words, and yet it permeates each of the arts that we offer in our dojo. People in eras long gone embodied it, some of my teachers today have discovered it, and you have a chance to touch it as well. And when you do, it will be offered to future generations. It is a Way of living and a teaching that is not born and does not die. It’s everlastingly true, residing in the eternal present in a moment beyond time.

I have numerous flaws and bad habits, but I’ve still encountered something of great importance, something that lies at the heart of life and connects to the very value of our existence. Each of you have a chance to sense it via meditation—whether sitting by yourself or during moving meditation, whether restraining an opponent or wielding a brush—it does not belong to me alone.

Although I’m very grateful for the support of my readers around the world and the devotion of my students, I don’t want people to follow me. I still have a long way to go.

Rather, I hope that you will travel alongside me, connecting with a spirit and path that unites past and future in a single, undying instant that transcends time. In that instant we can discover a legacy of far more than 25 years.

Sincerely,

H. E. Davey
Director
Sennin Foundation Center
www.senninfoundation.com
Albany, California

A Hearty Congratulation

Dear Davey-san and *dojo* members,

I heartily congratulate and appreciate the 25th anniversary of the Sennin Foundation Center for Japanese Cultural Arts.

Considering a few of the backgrounds, cultural and otherwise, of the readers of this message, I would like to point out the following three points.

First, Nakamura Tempu Sensei was really broadminded enough to accept all persons as his students, including Buddhists, Christians, non-religious people, agnostics, and atheists, if they sincerely wanted to learn and practice his *Shin-shin-toitsu-do* (Japanese *yoga*). This is the reason why the Tempu Society is a *zaidan hojin* (nonprofit educational organization) for promoting our mental and physical human condition. It is not a religious foundation of any sort, and this organizational direction is based upon the generous intention of its original founder Tempu Sensei.

Secondly, Tempu Sensei used to call himself “a finger pointing at the truth,” and not the truth itself. Therefore, he strictly instructed us not to worship him at all.

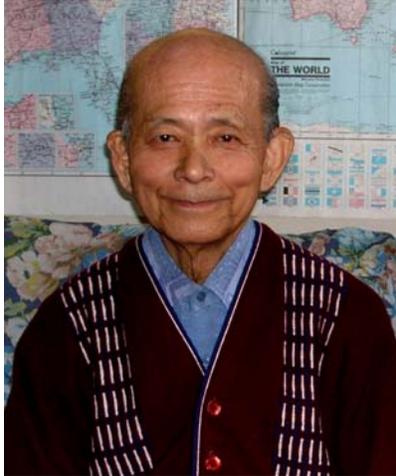
Thirdly, Tempu Sensei also used to encourage us by saying, “You can and must start from the point I have reached.” Therefore, he would be most happy if his disciples, thankfully believing in his words, try to go beyond limitations of any kind, regionally, racially, culturally, etc. In other words, you do not have to enter the Himalayas as he did or become Japanese. You can make use of Shin-shin-toitsu-do in your own way, but you must not forget that you are encouraged to surpass the achievements of our teacher.

Finally, as a Christian, I faithfully follow the instructions of Tempu Sensei. Without abandoning my personal beliefs, I have recommended Shin-shin-toitsu-do to people all over the world.

Thank you for this opportunity to write to all of you personally. Please take good care of yourselves mentally and physically.

Sincerely,

Hashimoto Tetsuichi
Sennin Foundation Senior Advisor
Tokyo, Japan and Glendale, California



Hashimoto Tetsuichi Sensei

Biographical Information: Hashimoto Tetsuichi Sensei is one of the most senior disciples of Nakamura Tempu Sensei, the founder of the Shin-shin-toitsu-do system of Japanese yoga. He started his study directly under Nakamura Sensei in 1950. Nakamura Sensei continued to be Hashimoto Sensei's primary teacher until he passed away in 1968 at the age of 92. Hashimoto Sensei holds the highest lectureship position in the Tempu-Kai ("Tempu Society"), and he has taught Shin-shin-toitsu-do in Japan and the Philippines, where he was the Director of the Japanese Studies Program at Ateneo de Manila University. Hashimoto Sensei is a retired professor of political science for International Christian University in Japan. He attended Duke University from 1954 to 1958 for graduate studies, and he was a visiting professor for the Japanese Studies Program at De La Salle University in 1985. He is a Senior Advisor to the Sennin Foundation Center for Japanese Cultural Arts and the teacher of H. E. Davey Sensei.

Congratulations on your 25th Anniversary!

Congratulations on the 25th anniversary of our *dojo* the Sennin Foundation Center for Japanese Cultural Arts!

I would like to recognize and praise H. E. Davey Sensei's long years of great effort and sincere teaching of *Shin-shin-toitsu-do*, or Japanese *yoga*. In Japan, there are a number of teachers of the methods discovered by Nakamura Tempu Sensei, founder of *Shin-shin-toitsu-do*. I am one of those teachers, but we teach on the average of once a month at best. With the exception of the late Nakamura Sensei, Davey Sensei is the only member of Tempu-Kai that is a fulltime instructor of *Shin-shin-toitsu-do*.

More and more people in Japan are coming to know of Davey Sensei's teachings and practices across the Pacific Ocean (as well as the activities of his students and assistant instructors). They are greatly impressed—especially by the fact that Master Davey has been teaching Japanese *yoga* professionally almost every day for many years. Our new head of Tempu-Kai in Japan, Mr. Omi Koji, is among the people that admire Master Davey's talents and efforts.

As a Senior Advisor for the Sennin Foundation, I also feel that I'm a member of your *dojo*. I want to note that Davey Sensei is not only busy teaching at our *dojo* nearly every day, but he also greatly contributes to the spreading of Nakamura Sensei's teachings all over the world through his exceptional gifts, particularly his talent for writing. And more and more people here in Japan are showing enthusiasm for our Sennin Foundation and feeling an affinity toward it.

On a different note, Master Nakamura Tempu, my teacher, suffered from tuberculosis when he was young, and this prompted him to search for truth in life. This search for health and truth took him to the U.S. and Britain to meet with some noted religious people and philosophers. But he could not get a solution to his questions concerning the relationship between mind and body. So, he went to Paris and visited Sarah Bernhardt at her house. She was not only a famous actress, but she was reputed to be a wise person and philosopher of life. Nakamura Sensei stayed at her big mansion for a few months and got some valuable clues relating to the importance of a positive attitude in life, which were instrumental in helping his meditation in India and aiding in the completion of *Shin-shin-toitsu-do*.

I traveled to Paris this September and tried to search for the site where the great actress's residence was standing. And I could see a part of the building remained. It was unbelievably good luck, for a friend of mine, who is well-informed as she has lived in Paris many years, tried to find Sarah's house, but in vain.

I did not expect to find anything, but one day I tried to walk all the way along the Boulevard Pereira, where, as I read in a biography of her, Bernhardt's address was. The boulevard is in a quiet residential area, and I saw very few people walking along it. But accidentally I came across a middle-aged couple with their daughter (about 25 years old) stepping onto the sidewalk from a car that stopped just before me.

I did not expect much from them, but the next moment I found myself asking them, “Do you happen to know where Sarah Bernhardt used to live?” Amazingly they smiled and said in English, “It’s just behind our house there . . .” And the young woman kindly showed me to the place. A part of Bernhardt’s mansion remains there. A solid classical house decorated with a lot of relieves of plants and imaginative creatures with an Oriental-looking gate and fence, it looks artistic and romantic. I imagined the days my teacher Nakamura Tempu Sensei spent in Paris nearly a century ago.

I wish the Sennin Foundation Center for Japanese Cultural Arts many more successful years of operation.

Sincerely,

Sawai Atsuhiro
Sennin Foundation Senior Advisor
Kyoto, Japan



Sawai Atsuhiko Sensei

Biographical Information: Sawai Atsuhiko Sensei is a Senior Advisor for the Sennin Foundation Center and the teacher of H. E. Davey Sensei, Director of the Sennin Foundation Center. He is a direct student of Nakamura Tempu Sensei, the founder of the Shin-shin-toitsu-do system of Japanese yoga and meditation. He has attained the highest level of instructor certification in Japanese yoga, and he is one of the most advanced practitioners of Shin-shin-toitsu-do in Japan. He began studying Shin-shin-toitsu-do in 1958, and he eventually served as a personal assistant to Nakamura Sensei. A published author and poet, Sawai Sensei is Professor Emeritus of English for the esteemed Kyoto Sangyo University. He became a Councilor for Tempu-Kai and Tempu-Kai Branch Manager of Kyoto in 1998. In 1999, he became Director of Publishing for Tempu-Kai and editor of their magazine, *Tempu*. He also writes regular articles for this publication.

From the Other Side of the Pacific

Dear Davey Sensei and the members of the *dojo*,

Congratulations on the 25th anniversary of your dojo! I feel very excited to join you in celebrating this meaningful event for the Sennin Foundation Center for Japanese Cultural Arts.

It was about 20 years ago when I first heard H. E. Davey Sensei's name from my father, Hashimoto Tetsuichi. He told me that Davey Sensei came to Japan to study *Shin-shin-toitsu-do*, and he taught Davey Sensei. He also gave me a copy of *Ways for Unification of Mind and Body* and Nakamura Tempu Sensei's *Collection of Affirmations*, which were translated and edited by Davey Sensei. But I was not very interested in them, as I was not then active in the Tempu Society and Shin-shin-toitsu-do.

When I was a child, my father took me to the Tempu Society to attend an intensive training course in Shin-shin-toitsu-do that is called *Shuren-Kai*, and which is held every summer, but I stopped practicing Shin-shin-toitsu-do (Japanese *yoga*) when I became a junior high school student. Then, eventually I started relearning it in early 1990 to overcome some psychological problems I had at that time.

The next time I came across Davey Sensei's name was in a Japanese magazine article written by Sawai Atsuhiko Sensei. In it, he introduced Davey Sensei and his book *Japanese Yoga: The Way of Dynamic Meditation*. I remembered who he was and decided to buy *Japanese Yoga*.

It was exciting for me to read the first authentic introduction to Nakamura Tempu Sensei and his methods in English. I was really interested in how the principles and methods I knew in Japanese were explained in English. And while I was reading the book, I felt as if I was enjoying some familiar foods in an oversea country thousands of miles away from my hometown. I also noticed that Davey Sensei tried to make every effort to help readers understand the essence of Shin-shin-toitsu-do. As far as I know, more than 20 members of the Tempu Society in Kobe bought a copy, and many of them appreciated the book.

In mid-October 2006, I was lucky to have a chance to visit your dojo and attend a Japanese yoga class for adults. I feel grateful that I practiced Shin-shin-toitsu-do with some of you. And I learned a lot from you during my short stay in the San Francisco Bay Area. Many of the ideas and exercises I learned in your dojo I'd like to share with my fellow Shin-shin-toitsu-do students back in Japan.

Although there are some differences in how we practice, we have a lot of methods and the same goal in common. So I'd like to keep in touch with you and continue to learn from you. And if I can help you in some ways, it will be my great pleasure. Please remember that there are a lot of people, including me, learning and practicing Shin-shin-toitsu-do on the other side of the Pacific.

I'd like to come back to your dojo and see you all again. And if you have a chance to come to Japan, you are always welcome. I will make every effort to meet you.

Wishing you all the best,

Hashimoto Koji
Kobe, Japan



Mr. Hashimoto Koji and H. E. Davey Sensei

Biographical Information: Mr. Hashimoto Koji is the son of Hashimoto Tetsuichi Sensei, Sennin Foundation Senior Advisor and the teacher of H. E. Davey Sensei. He has been practicing the original form of Shin-shin-toitsu-do for many years, and he assists with the instruction of this form of Japanese yoga and meditation in Kobe. A successful marathon runner and computer software specialist, Mr. Hashimoto works for Hewlett-Packard, where he is involved in application and content globalization consulting and integration.

Congratulations!

Congratulations to H. E. Davey Sensei, Kevin Heard Sensei, and all the members and students of the Sennin Foundation Center for Japanese Cultural Arts, on this, the occasion of the its 25th Anniversary! The Sennin Foundation holds a respected position among those who value the unique cultural arts of Japan. Few institutions anywhere in the world do as much to disseminate the techniques and values of such diverse arts as *shodo* (Japanese brush calligraphy), Japanese *yoga*, and *dento bujutsu* (“traditional Japanese martial arts”). Davey Sensei’s lifetime commitment to these arts has given him a remarkable understanding of their deeper aspects, and his students are very fortunate to be able to study with him on a daily basis. The contributions of the Sennin Foundation are unequalled—may the next quarter century be even more successful!

Sincerely,

Nicklaus Suino

Primary Director: Shudokan Martial Arts Association (1 of 3)

Director: Japanese Martial Arts Center

Ann Arbor, Michigan



Nicklaus Suino Sensei

Biographical Information: Nicklaus Suino Sensei has studied and practiced martial arts since 1968. He spent four years in Japan, learning from renowned martial arts experts such as Sato Shizuya Sensei, 10th dan *jujutsu* and 9th dan *judo*, and Yamaguchi Katsuo Sensei, 10th dan *Eishin Ryu iaido*. Suino Sensei also studied judo under the late Walter Todd Sensei, 8th dan. Mr. Suino was four times the all-Kanto sword forms champion at his rank level and represented his region in Japan in the national tournament in 1991, only the second non-Japanese ever to do so. Suino Sensei currently holds the Shudokan Martial Arts Association ranks of 7th dan in iaido, 6th dan in judo, and 4th dan in jujutsu. He is the General Manager for the SMAA Headquarters, and he's a Director in both the Iaido Division and the Judo Division within the SMAA. He is also a U.S. Regional Director for the Kokusai Budoin ("International Martial Arts Federation") of Tokyo. A prolific writer, Suino Sensei is the author of *Budo Mind and Body* and three other books about Japanese martial arts. He teaches numerous seminars throughout the USA and Canada each year.

Congratulations on your 25th Anniversary!

To H. E. Davey Sensei and members of the Sennin Foundation:

Congratulations on your 25th Anniversary! A quarter-century of quality instruction and training in traditional Japanese martial arts, healing arts, fine arts, and *yoga* outside of Japan is a very real accomplishment, indeed!

While I know it's an unhealthy emotion and one I try to avoid, frankly, I'm jealous: all members of the Sennin Foundation are fortunate and privileged to work directly with Davey Sensei. H. E. Davey is unique in the West for his active and holistic training in, and application of, a true East Asian Way of life. What I find most impressive in Davey Sensei is his true commitment to journeying along this Way and to sharing it with others. He is one of those rare individuals who not only knows what he's talking about, but can "walk his talk" and deliver; he's the genuine article, and that is indeed rare. It has become common for Westerners to claim "mastery" of this or that martial art or Asian cultural practice, but it is relatively uncommon for any individual to have the depth and breadth of mastery of the arts—in or out of Asia—as does Davey Sensei. His modesty might prompt him to blush and deny such praise (well, maybe not . . .), but his humility reinforces the truth of my assertion. Yes, Sennin Foundation members are truly lucky to be able to work day in and day out with such a gifted and giving individual, sharing in his vision of a healthy and meaningful life.

It may seem presumptuous of someone who has only spent one real-time weekend in his company to make such unabashed claims about Davey Sensei. While he and I have communicated electronically (e-mail and phone) for years, and although I have read and reviewed several of his fine books, we only worked, trained, and socialized together during the Shudokan Martial Arts Association's National Seminar and Conference in Ann Arbor, Michigan this past June 23-25, a weekend that emphasized training in different systems of Japanese *jujutsu*. One can learn a lot about someone with whom one trains, however: in the exchange of techniques and sweat, something of the soul is bared, and a communication can transpire different, and in a way deeper, from other communication. In this context, artifice is stripped away and the inner qualities of a person are revealed. I was very happy to see what I saw in Davey Sensei as he worked with us on techniques of *Shin-shin-toitsu-do* and *Saigo Ryu aiki-jujutsu*, and as he gamely joined in my portion of the seminar on *Hontai Yoshin Ryu jujutsu*. The man—H. E. Davey—I worked with that weekend has very special qualities, and is one I'm proud to call friend and colleague. And what I saw of him and his teachings in his student, Kevin Heard Sensei (who also taught impressively and participated in the weekend seminar), confirmed that he is not only someone who knows well what he teaches, but teaches well what he knows.

By establishing the Sennin Foundation, Davey Sensei is trying to further cultivate and share a vision of living in a Way that is wholesome and holistic. Just as the ancient Sennin are known for their enlightened and healthful qualities, so do you modern members of the Sennin Foundation continue a journey toward self-actualization in higher-mindedness, and that ultimately helps make the world a better place. I thank Davey Sensei for his vision and his ability and efforts to share it, and all of you who work and train with him. Thank you for making our world a little better, and may you continue doing so in the years and decades ahead!

Best wishes and good training,

Stephen M. Fabian, Ph.D.

Director: Shudokan Martial Arts Association Jujutsu Division
Hamilton Square, New Jersey



Stephen Fabian Sensei

Biographical Information: Stephen Fabian Sensei has been involved in the Asian martial arts for many years. Dr. Fabian trains in Hontai Yoshin Ryu, which specializes in jujutsu and classical weaponry. He lived for several years in Japan and is a direct disciple of the 18th and 19th generation Headmasters of the Hontai Yoshin Ryu. Fabian Sensei has received a high-level teaching certification, and he was the first American licensed to teach this ancient art in the U.S. Along with H. E. Davey Sensei, Fabian Sensei is a Director for the Shudokan Martial Arts Association Jujutsu Division. He holds a 6th dan from the SMAA, an international association of Japanese and Western martial arts experts. He's also the Branch Director of Hontai Yoshin Ryu USA. Fabian Sensei received a Ph.D. in anthropology from the University of Illinois and has received the following honors: Fulbright Scholar, Phi Beta Kappa, and Magna Cum Laude. He is also author of *Clearing Away Clouds: Nine Lessons for Life from the Martial Arts*, in which he shares insights gained from years of practicing martial arts.

A Brief History of the Sennin Foundation Center

1981

In November, the Sennin Foundation Center for Japanese Cultural Arts was founded by H. E. Davey Sensei. The first location was on Solano Avenue in Albany, California, just across the bay from San Francisco. The tiny dojo was on the second floor of a modest building in what had been a private residence. It occupied the space that was the kitchen, family room, and bedroom.

The dojo was dedicated to teaching the *Shin-shin-toitsu-do* system of Japanese *yoga* and meditation. Davey Sensei had learned the original form of Shin-shin-toitsu-do, and one of its modern derivatives, from Hirata Yoshihiko Sensei and Tohei Koichi Sensei, both direct students of the late Nakamura Tempu Sensei, the creator of this discipline.



Ann Kameoka Sensei
practices Japanese *yoga* meditation

Separate and optional classes were offered in Japanese healing arts and martial arts. The healing arts instruction was based on the teachings of Nakamura Sensei and Noguchi Haruchika Sensei, the founder of *Katsugen Undo* and *Yuki*, methods of strengthening *ki* (“life energy) for health improvement. Martial arts training was based on *Saigo Ryu*, a traditional Japanese martial art that features unarmed *aiki-jujutsu* as well as training with the sword, staff, iron fan, and other weapons. Davey Sensei studied this art with his father Victor Davey Sensei (1913-1991).

1985

The Sennin Foundation Center privately published *The Way of the Universe* by Davey Sensei. The out of print book focused on mind and body unification principles and their relationship to Japanese *yoga*, healing arts, martial arts, and daily life.

Davey Sensei began studying *shodo*, the “Way of brush calligraphy,” with Kobara Ranseki Sensei (1924-2005). Kobara Sensei was the founder of the Ranseki Sho Juku system of *shodo* and the co-founder of the Kokusai Shodo Bunka Koryu Kyokai (“International Shodo and Cultural Exchange Association”) in Urayasu, Japan. Kobara Sensei received *Kyokujitsu Tanko Sho*—the “Order of the Rising Sun (with Silver

Rays)”—from the Japanese government for preserving traditional Japanese art and culture via shodo and tea ceremony. This rarely bestowed award comes in the form of the *Kunsho*, a Medal of Honor, which was presented to Kobara Sensei by Yamanaka Makoto, Consul General of Japan.



Kobara Ranseki Sensei in November of 2005

1986

Davey Sensei traveled to Japan, where he became a private Shin-shin-toitsu-do student of Hashimoto Tetsuichi Sensei. With over 50 years of experience, Hashimoto Sensei is one of the most advanced teachers of Shin-shin-toitsu-do in the world.

Hashimoto Tetsuichi Sensei became a Senior Advisor to the Sennin Foundation Center.

Davey Sensei was accepted as a full member of the Kokusai Budoin of Tokyo, a Tokyo-based umbrella organization for leaders in most of Japan’s ancient and modern martial arts. Kokusai Budoin membership is restricted to teachers ranked 4th dan or higher (or an equivalent classical teaching license) in a traditional Japanese martial art. Endorsed by the Japanese Imperial Family, Kokusai Budoin has a history of over 50 years, and it’s active in multiple nations.

1987

Still located in the East Bay, the Sennin Foundation Center moved to a larger space on San Pablo Avenue in El Cerrito.

1988

Davey Sensei became a member of the Kokusai Shodo Bunka Koryu Kyokai (“International Japanese Calligraphy and Cultural Exchange Association”).

Davey Sensei’s classical Japanese calligraphy was selected to be exhibited at the famed Kokusai Shodo Ten, or “International Japanese Calligraphy Exhibition,” in the Tokyo area. This was a first for a person that was not of Japanese ancestry. He received the prestigious *Tokusen Sho* award, also a first for someone not of Japanese descent.

Davey Sensei’s brush writing was accepted every year for this important exhibition, out of thousands of entries each time, for a total of 18 years. Each year he

received a major award, including *Jun Tai Sho*, the “Associate Grand Prize.” No artist from outside of Japan, before or since, has received this award.

1990

Davey Sensei received a *gago*, a bestowed name used in traditional Japanese arts, from the Ranseki Sho Juku and his calligraphy teacher Kobara Ranseki Sensei. Davey Sensei’s shodo name is Hiseki (“Flying Stone”), a derivative of Ranseki (“Indigo Stone”). The first and only non-Japanese to receive this honor, Davey Sensei received his *gago* faster than any other person in the Ranseki Sho Juku’s near 40 year history.

1991

To commemorate the 10th anniversary of the Sennin Foundation Center, the group privately published *Unification of Mind and Body: The Art of Living* by Davey Sensei. This out of print book was a collection of Davey Sensei’s past magazine articles on Japanese yoga, healing arts, martial arts, and fine arts. It also featured new writings about the applications of mind and body coordination principles to Japanese calligraphy, healing arts, martial arts, office work, sales, and business management.

Davey Sensei became a USA Regional Director for the Kokusai Budoin.

Davey Sensei’s Japanese calligraphic art was accepted out of 10,000 entries to be included in the *Sankei Shodo Ten*, an art exhibition sponsored by the *Sankei* newspaper and one of the largest and most important exhibitions of Japanese brush calligraphy in the world.



The *kamidana* of the Sennin Foundation Center

1992

Davey Sensei, Kevin Heard Sensei, and other members of the Sennin Foundation Center’s martial arts division traveled to Tokyo to demonstrate aiki-jujutsu at the Kokusai Budoin’s annual all-Japan martial arts exhibition. Davey Sensei and his students were the first non-Japanese ever allowed to give their own independent demonstration of aiki-jujutsu at this prestigious event. Davey Sensei demonstrated and gave a bilingual lecture to some of the top Japanese martial arts teachers in the world, and members of the Sennin

Foundation Center returned each February for several years to demonstrate at Otakumin Plaza in conjunction with the yearly Kokusai Budoin Sogo Budo Taikai.

1993

Davey Sensei became a USA Branch Director for the Kokusai Budoin, then the highest leadership position available in each branch country.

Davey Sensei also became a Councilor with the Kokusai Budoin World Headquarters in Tokyo. He held both positions for over 10 years.

Davey Sensei received *Shihan-Dai* teaching certification, the highest possible ranking, in Ranseki Sho Juku calligraphic art. The first and only non-Japanese to receive this honor, he accomplished this feat in half the typical time required. He is one of only three living Ranseki Sho Juku Shihan-Dai.

1994

Davey Sensei joined the Shudokan Martial Arts Association and received the rank of *jujutsu* 7th dan from the SMAA. He is one of the founding members of this international martial arts association.

While in Japan giving an aiki-jujutsu demonstration at the Kokusai Budoin's annual national martial arts exhibition, Davey Sensei was awarded *Nihon Jujutsu Kyoshi* by the group. Kokusai Budoin defines this traditional teaching license as "equivalent to modern ranks of 6th to 8th dan and equal to a Master's certificate." He was the second person in the over 50 year history of the association to receive this rank in North America; Davey Sensei's late father was the first person to receive *Nihon Jujutsu Kyoshi* from Kokusai Budoin.

In addition, Davey Sensei and Kevin Heard Sensei have received internationally recognized Official Instructor Licenses from both the Kobudo Division and *Nihon Jujutsu* Division of the Kokusai Budoin.

1995

Davey Sensei became the international Director of the SMAA Jujutsu Division and received the advanced teaching title of *Shihan*. The SMAA is lead by some of the world's top experts in jujutsu, *karate-do*, *aikido*, *iaido*, *judo*, and other martial arts.



Davey Sensei teaching at an SMAA seminar in Michigan

1997

Returning to Albany, the Sennin Foundation Center moved to a still larger space on San Pablo Avenue.

In July, Davey Sensei's book *Unlocking the Secrets of Aiki-jujutsu* was published by McGraw-Hill. The book featured Introductions written by Sato Shizuya Sensei (jujutsu 10th dan), Kawabata Terutaka Sensei (*kobudo* 9th dan), and the late Walter Todd Sensei (judo 8th dan, aikido 6th dan). It is widely considered to be the first book in English on the techniques as well as history of authentic Japanese aiki-jujutsu. Several thousand copies were sold throughout the world. This out of print book now often sells for over \$200 in rare bookstores.

1998

With the help of Kevin Heard Sensei, an advanced practitioner and teacher of Shin-shin-toitsu-do, healing arts, and martial arts, Davey Sensei established the Sennin Foundation, Inc. This corporation is a federally tax-exempt, nonprofit foundation that is dedicated to disseminating accurate information about Japan's classical art forms, while it works to preserve and promote the authentic practice of these arts. The Sennin Foundation, Inc. began accepting tax deductible donations in 1998.

Kevin Heard Sensei received *Shihan* certification in Shin-shin-toitsu-do and related healing arts, making him the highest ranking teacher of this art at the Sennin Foundation Center (next to Davey Sensei). He also received *menkyo chudan* in Saigo Ryu martial arts, making him also the highest ranking teacher of this discipline at the Sennin Foundation Center (next to Davey Sensei).

1999

In the summer of 1999, the Sennin Foundation, Inc., with the help of Davey Sensei and Kevin Heard Sensei, launched the *Michi Online Journal of Japanese Cultural Arts* (www.michionline.org). A widely acclaimed Internet magazine and resource center, *Michi Online* is dedicated to the promotion and preservation of classical Japanese art forms.

In September, Davey Sensei's book *Brush Meditation: A Japanese Way to Mind & Body Harmony* was published by Stone Bridge Press. It focuses on shodo and *sumi-e*, "brush calligraphy" and "ink painting," as taught by Kobara Ranseki Sensei and Davey Sensei. Using the principles of mind and body unification as a basis, the text features the theory and techniques of Davey Sensei's Integrated Shodo & Meditation program. *Brush Meditation* received many favorable reviews, including a positive review from Dave Lowry, author of *Sword and Brush* as well as numerous other books on Japanese cultural arts. It was one of the top ten best selling Stone Bridge Press books of 1999. *Brush Meditation* has been reprinted several times and continues to be sold in a variety of countries.



Davey Sensei's award winning artwork at the Sennin Foundation Center

2000

In September, Davey Sensei's book *The Japanese Way of the Flower: Ikebana as Moving Meditation* was published by Stone Bridge Press. His co-author was Ann Kameoka Sensei, an expert in *Ikenobo* flower arrangement. Now out of print, the book focused on the traditions of *ikebana* and how it can be practiced as a Way, or classical Japanese discipline that leads to personal growth. Utilizing the principles of mind and body unification and Shin-shin-toitsu-do forms of meditation, the authors concentrated on how *ikebana* can be used as moving meditation. Thousands of copies were sold throughout the world.

Sennin Foundation teacher Kevin Heard Sensei was appointed to the elite Board of Advisors of the Shudokan Martial Arts Association, a prestigious coalition of martial arts experts from Japan and Western countries (www.smaa-hq.com).



Kevin Heard Sensei teaching at the 2006 SMAA National Seminar & Conference

2001

In May, Davey Sensei's book *Japanese Yoga: The Way of Dynamic Meditation* was published by Stone Bridge Press. The first book in English on Nakamura Tempu Sensei and the original system of Shin-shin-toitsu-do, *Japanese Yoga* has sold thousands of copies throughout the USA and foreign countries. It was favorably reviewed in numerous newspapers and magazines, including *Tempu* magazine in Japan and *Yoga Journal* in the USA.

2002

In December, Davey Sensei's book *Living the Japanese Arts & Ways: 45 Paths to Meditation & Beauty* was published by Stone Bridge Press. It focuses on the principles of mind and body unification, along with other universal concepts and aesthetics that underlie all the traditional Japanese arts, ranging from calligraphy and ink painting to martial arts to tea ceremony. Other Japanese artistic disciplines are also covered, and how the previously mentioned principles and concepts can enhance our daily lives is a central topic of this book. Favorably reviewed by *Publisher's Weekly*, the *Journal of Asian Martial Arts*, and other publications, *Living the Japanese Arts & Ways* has sold thousands of copies around the world.

2003

Yoga Japonesa: O Caminho da Meditacao Dinamica, the Brazilian version of Davey Sensei's book *Japanese Yoga: The Way of Dynamic Meditation* was published by Editora Cultrix in Sao Paulo.

Spirituality & Health magazine presented Davey Sensei with its Book of the Year Award for *Living the Japanese Arts & Ways: 45 Paths to Meditation & Beauty*. Also in 2003, the same book was one of *ForeWord* magazine's top five books and a finalist for their Book of the Year Award.

2004

After visiting our dojo in the summer, Sawai Atsuhiko Sensei of Kyoto became a Senior Advisor to the Sennin Foundation Center. With almost 50 years of experience, Sawai Sensei is one of the most advanced teachers of Shin-shin-toitsu-do in Japan, and Davey Sensei became his personal student in 2004.



A stretching exercise practiced in the Sennin Foundation Center's Japanese yoga program

Sennin Foundation teacher Kevin Heard Sensei received a jujutsu 5th dan and *Fuku-shihan* teaching certification from the Shudokan Martial Arts Association, making him one of the highest ranking members of the SMAA Jujutsu Division.

Sennin Foundation teacher Ohsaki Jun Sensei was appointed to the elite Board of Advisors of the Shudokan Martial Arts Association, a prestigious international coalition of martial arts experts in Japan and Western countries. Ohsaki Sensei has nearly 50 years of training in Japanese martial arts, which he teaches along with Shin-shin-toitsu-do at the Sennin Foundation Center.



Ohsaki Jun Sensei teaching aiki-jujutsu

2005

Kobara Ranseki Sensei, founder of the Ranseki Sho Juku system of Japanese calligraphy and painting passed away. Davey Sensei represented his students as a pallbearer at his funeral and at his cremation, the only non-family member included.



H. E. Davey Sensei teaching Japanese yoga at the Sennin Foundation Center in 2006.

2006 and on

Davey Sensei took over instruction of advanced students of Ranseki Sho Juku shodo at the Wanto Shodo-Kai (“East Bay Japanese Calligraphy Association”).

Davey Sensei and Miyauchi Somei Sensei participated in a special tea ceremony at the Nichibeikai in San Francisco, which commemorated the one year anniversary of Kobara Ranseki Sensei’s passing away. They represented the shodo students of the late Kobara Sensei at this event.

The Sennin Foundation Center for Japanese Cultural Arts celebrated its 25th anniversary.

Davey Sensei’s new book *The Japanese Way of the Artist* is scheduled to be published in late 2006 or early 2007. It will focus on a wide variety of classical Japanese art forms and how their principles relate to daily living. A particular emphasis will be placed on the arts of calligraphy, painting, and flower arrangement.

Greek editions of Davey Sensei’s books *Japanese Yoga*, *Brush Meditation*, *The Japanese Way of the Flower*, and *Living the Japanese Arts & Ways* are scheduled for publication in 2007.

Davey Sensei and Kevin Heard Sensei have begun working on *Art of Shodo* (www.artofshodo.com), a new website dedicated to the memory of the late Kobara Ranseki Sensei. It will feature online galleries of Kobara Sensei’s and Davey Sensei’s calligraphic art, a biography of Kobara Sensei, hard to find shodo information, and Davey Sensei’s award-winning calligraphy and painting will be for sale to art collectors everywhere.

The Chronological Biography of Nakamura Tempu

Translated by Sawai Atsuhiko and H. E. Davey
Photos courtesy of Sawai Atsuhiko



1876

Nakamura Tempu Sensei was born on July 30 at Oji Mura, Toyoshima Gun, Tokyo Fu (presently known as Oji, Kitaku, Tokyo To). His father was Sukeoki, and his mother was Chou. He was born Nakamura Saburo, their third son.

Nakamura Sukeoki was from the Yanagawa Clan (1) in Kyushu and a high-ranking central government official, Director of the Department of the Mint in the Finance Ministry. Nakamura Saburo's mother is said to have been a bright and cheerful woman from the Capital of Edo (now Tokyo) (2).

A British engineer, who specialized in printing, was working for the Mint. He lived near the Nakamura family house in Oji, and his wife was fond of Saburo, so she taught him conversational English on a daily basis.

1889

He finished his elementary school education at Honjo, Tokyo. Nakamura Saburo entered Shuyu Kan High School (3) in Fukuoka, Kyushu.

1892

At 16 years old, he withdrew from the high school and stayed at the Genyo Sha (4), managed by Toyama Mitsuru (5). This was through the introduction of Baron Maeda Masana (Saburo's uncle), who was Undersecretary of the Agriculture and Commerce Ministry.

Nicknamed the "Panther of Genyo Sha" because of his fierce and quick temperament, Saburo became an errand boy for Kono Kinkichi, an intelligent officer in the Imperial Army, who held the rank of Captain. Saburo engaged in secret service activities in Manchuria and the Ryoto Peninsula in China a few months before the Japan /China War broke out. He studied Chinese language intensely for one year.

1894

He entered Gakushuin High School (6), but he withdrew soon after beginning. He became good friends with Iwasaki Hisaya (7).

1902

At 26 years old, he was hired as an intelligence agent belonging to the General Staff Office. He received special training, which prepared him to enter Manchuria. He collected intelligence and engaged in military operations a few months before the Japan-Russia War began.

1904

The Japan-Russia War broke out when Nakamura Sensei was 28 years old. He played a significant role in this conflict as a military agent involved in espionage and intelligence gathering. He was captured by a Russian squadron and given a death sentence. A few seconds before his execution by firing squad, he narrowly escaped death, when a hand grenade was thrown by his subordinate.

On another occasion, he was shot by a sniper during his patrol on the Great Wall of China. He jumped from the wall, and he was seriously injured, falling into a coma for about a month. For most of his life, he felt occasional acute dizziness as an aftereffect of this incident. He also had problems with his vision in both eyes.

Due to yet another wartime injury, a nerve was cut in his right hand, making it impossible for him to fully bend his right middle finger.

1905

At 29 years old, he returned from war to his parents' house in Hongo, Tokyo. Nakamura Sensei was one of only nine people that returned home alive out of his group of 113 military personnel.

Around this time, Chairman Nezu Kaichiro asked him to join the management of the Dai Nippon Flour Mill (now the Nisshin Flour Mill) as an executive.

1906

At 30 years old, Nakamura Sensei was diagnosed with a rapidly advancing case of tuberculosis, a disease that was often fatal. He was treated by a Dr. Kitazato, the top tuberculosis specialist in Japan, but he did not recover. To find a cure for his disease and to arrive at peace of mind, he began reading about medicine, religion, philosophy, and psychology.

1909

At 33 years old, Nakamura Sensei traveled to the USA to seek advice and medical treatment, rather than waiting to die. Travel to other countries (back then) was difficult even for healthy people. He met Lauren Swede Martin, reputed to be a great young philosopher and the author of *How to Get What You Want*, but Martin's method provided no psychosomatic cure for his disease.

1911

At 35 years old, Nakamura Sensei's illness went into remission due to the medical treatments he received in the USA. Impressed by these treatments, he entered Columbia University, where he studied medicine.

His illness returned, prompting him to look for a psychosomatic cure in London, where he attended a psychology seminar titled "Mental Activities and the Nervous System," which was presented by H. Addington Bruce. He went to Paris, and he met a Dr. Lindler at Lyon University. This was through an introduction from the actress Sarah Bernhardt, and he studied with Lindler, who taught him an effective method of autosuggestion using a mirror.

His illness continued to worsen, but he still visited Hans Adolf Eduard Driesch, a famed biologist and philosopher living in Germany. His tuberculosis remained, however, and he found no answers to his questions concerning life, death, and the human mind.

In May of 1911, Nakamura Sensei decided to return to Japan by ship. On the way home, at a hotel in Cairo, Egypt, he came across a *yoga* and meditation teacher named Kaliapa. He followed Kaliapa to the village of Gorkhe, which lies between China and India at the foot of the third peak of Mt. Kanchenjunga in the Himalayas.

Via the practice of yogic meditation, Nakamura Sensei experienced spiritual realization and awakened his higher mind after two years and several months of practice. His tuberculosis disappeared. He would later become the first Japanese to introduce yoga style philosophy and meditation to Japan.

1913

At 37 years old, while returning from India to Japan, Nakamura Sensei stopped in Shanghai. There he met his old friend Yamaza Enjiro, then Japanese Ambassador to China. By his request, Nakamura Sensei joined the second Xinhai Geming Revolution. He assisted Sun Wen, and he became one of his highest political advisers. However, the revolution failed, and he came home to Japan.

In a few years, he became President of the Tokyo Bank of Business & Savings. He also successfully managed several companies and played an active role in the Japanese business community.

1919

At 43 years old, Nakamura Sensei was suddenly inspired to abandon his social position and wealth to found the Toitsu-Kai (“Association for Unification”). This was later renamed the Toitsu Tetsui Gakkai, the “Unification Philosophy and Medical Research Institute,” and it was dedicated to helping people to improve their mental and physical health.

He began offering free classes in *Shin-shin-toitsu-do*, “The Way of Mind and Body Unification,” which took place daily at Ueno Park and Hibiya Park in Tokyo. In September of this year, Mukai Iwao, Chief Prosecutor, noticed him and introduced him to Prime Minister Hara Takashi (8). Prime Minister Hara said, “This is a man to speak in a proper place, not in the streets.”

As the result, many well-known people in political and financial circles came to attend his public lectures. General Togo Heihachiro (9); Sugiura Jugo (10), a famed educator; and Ishikawa Sodo, a renowned Zen Buddhist priest of Sojiji Temple in Tsurumi, Yokohama are just a few of his early famous students.

1923

At the age of 47, at the request of Justice Minister Yokota Sennosuke, Nakamura Sensei was asked to intervene in a dispute involving the Korean Keinan Railway. During the process of successfully resolving this dispute, he met Saito Makoto, Korean Governor, and Nakamura Sensei established a Korean branch of his association.

1924

When Nakamura Sensei was 48, famed Navy Admiral Yamamoto Eisuke (then President of the Japanese Naval Academy) advised Marquis Komatsu to become one of his students. Yamamoto was, at that time, President of the Japanese Naval Academy. By the recommendation of Komatsu (former Prince Kitashirakawa Teruhisa), he lectured several times to three Imperial princes (Higashi Kuni, Kita Shirakawa, and Takeda).

Many prominent people such as Ozaki Yukio (Justice Minister of Japan), Goto Shinpei (Interior Minister of Japan and President of Manchuria Railway), and Asano Soichiro (founder of Asano Cement Company) came to attend his lectures on Shin-shin-toitsu-do (a.k.a. Japanese yoga).

In December of 1924, the Kansai Headquarters of the Toitsu Tetsui Gakkai was established in Osaka.

1925

When Nakamura Sensei was 49 his lecture entitled “*Yamai and Byoki*” (“Illness and Worrying about It”) was put on air throughout Japan by the Osaka Broadcast Station. Taking place on June 8, his program was broadcast just eight days after the radio station was established. (Nakamura Sensei was one of Japan’s first on-air featured speakers. History’s inaugural radio broadcast in Japan took place on March 22, 1925 from Tokyo’s Atago Mountain.)

1925 to 1947

From 1925 on, many district branches of the Toitsu Tetsui Gakkai were established in Kyoto, Nagoya, Kobe, Otaru (Hokkaido). In January 1940, the Toitsu Tetsui Gakkai was renamed the Tempu-Kai (the “Tempu Society”). Many seminars and activities were held nationwide until the start of World War II.

In March 1945 (the last year of WWII), Japan’s wartime military government ordered the demolition of Tempu-Kai’s headquarters in Tokyo. This was due to Nakamura Sensei’s pacifist philosophy and public denouncements of the war.

In October 1946, the first Shin-shin-toitsu-do lectures after the war took place in the hall of the Toranomon Building in Shibaku, Tokyo. From that date, every month public lectures were held at various places in the war-ruined metropolis.

1947

In October 1947, at the age of 71, Nakamura Sensei taught Japanese yoga (Shin-shin-toitsu-do) for three days to an audience of about 250 officials of the U.S. Army General Headquarters at the request of Commander Eikelburger. This seminar took place in the basement hall of the Mainichi Press Building. The millionaire John D. Rockefeller III happened to be in the audience. Impressed by the teachings of Japanese yoga, he offered to bring Nakamura Sensei to the USA to teach. Nakamura Sensei declined and stated that his first priority was to reestablish the health of the citizens of war torn Japan.

Tempu-Kai activities began to take place throughout Japan.

1962

In April 1962, when Nakamura Sensei was 82 years old, the Japanese government officially recognized Tempu-Kai as a nonprofit educational foundation, or *zaidan hojin*.

This was in acknowledgement of the work the association had been doing for many years to help Japanese citizens to improve their health.

1968

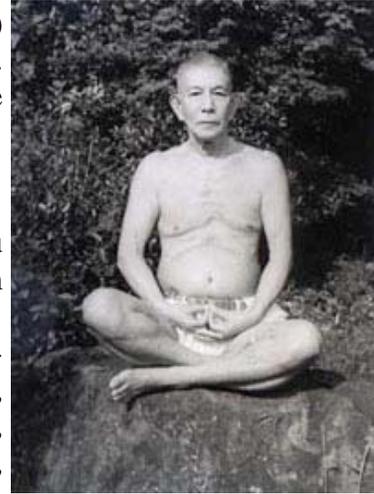
In April, the Tempu Kaikan (“Tempu Society Hall”) was completed on the grounds of Gokokuji Temple in Tokyo. Nakamura Sensei passed away on December 1, 1968 at the age of 92.

1968 to the present

The students directly taught by Nakamura Tempu Sensei numbered more than a 100,000. He taught people from all walks of life and from every part of Japan.

Among the past and present students of Shin-shin-toitsu-do are members of the Japanese Imperial Family, government officials, business leaders, famous scholars, Japanese Order of Culture recipients, Olympic gold medalists, well-known actors, and celebrated novelists.

Tempu-Kai does not advertise for students. New students join the association through the introduction of senior members. In 1988, Tempu-Kai’s 70th anniversary was celebrated, and the total number of members at that time was over one million (11).



Notes

1. The Yanagawa Clan was famous for cultivating many strong warriors.
2. A person born in Edo was called *Edokko*. In Japan, just mentioning that a person was Edokko implied that he/she was vigorous and quick to respond.
3. Even today, Shuyu Kan is a famous private high school in Kyushu.
4. The Genyo Sha was a well-known political group, considered to be right wing, which advocated and led a national movement to realize their version of democracy in Japan.
5. Toyama Mitsuru was an influential political activist and the leader of the Genyo Sha. He not only influenced politics in Japan, but he was involved in the Chinese Revolution lead by Sun Wen and the national independence movement in India. Nakamura Sensei was assisted by Toyama in many ways during his life. Toyama helped him get a visa to travel to the USA and helped to put him in a position to teach Japanese yoga to princes and princesses of the Imperial Family.
6. Gakushuin is a special high school to educate the members of the Imperial Family and the sons of the Japanese aristocracy. Later, Gakushuin University was also established. All of Japan’s Emperors were educated there.
7. Iwasaki Hisaya was a son of the famed founder of the Mitsubishi Cartel, but this statement seems wrong to Sawai, because Hisaya was 11 years older than Nakamura Sensei. It might have been his younger brother Koyata, who was three years older than Nakamura Sensei. Koyata studied at Cambridge and became president of the Mitsubishi Company.

8. Hara Takashi was one of the most famous Prime Ministers in Japan. He was well-known for creating the Seiyu-Kai, Japan's first political party, and he contributed to the introduction of democracy in Japan.
9. Togo Heihachiro was a famous Admiral, often compared to Nelson of Britain; he is known as the "Nelson of the East." He led the Japanese fleet to defeat the Baltic Fleet of the Russian Empire during the Japan-Russia War.
10. Sugiura Jugo was a great educator and thinker. He studied chemistry in England, and he became President of Tokyo University (Division of Juniors).
11. This number seems to Sawai to be exaggerated.