

KANSHUNINDOJO
EST. 2020 BERLIN

URBAN SPORTS CLUB GOOD TO KNOW INFO/FAQ

ALL YOU NEED TO KNOW FOR A SUCCESSFUL TRAINING

FACEBOOK PRIVATE GROUP: https://www.facebook.com/groups/kanshunin
This group is mostly for background info, repetition of topics or sharing videos and other related media in line with the classes and training

SIGNAL GROUP: https://tinyurl.com/4c98vnuz
This group is mostly for acute timing and location info, ideally to check fast, if there are sudden changes in the training schedule - you can also ask stuff and get to know other members of the group.

EMAIL / CELLPHONE: ingo@kanshunin.info / +49.172.3042.999
This contact data is ideally used, when you want to book a slot, and the day is booked. I can open a new slot for you ‚on the fly' and you can join the class.

WHAT WE SAY IN THE BEGINNING: **„Shikin haramitsu daikomyo!"**
WHAT WE SAY AT THE END: **„Domou arigato gozai mashita!"**
Mainly to greet the class and fix the mindset for the coming two hours of training, we bow and ‚leave the day outside'.. after class we honor our training partners and say „Thank you".

EVEN MORE INTERESTING STUFF+INFO

REGULAR CLASSES ARE EACH TUESDAY AND THURSDAY AT 19.20

PUNCTUALITY & TIMING AT THE BEGINNING OF TRAINING

The doors open from 19.00 for everyone who needs some time to get there, relax and change into sports gear - it is very much recommended to be at the dojo by 19.15/19.20 to have time for the above mentioned activities.
Training starts at 19.30 sharp. If it is not possible to come in time, come anyway, and come late. Training is always better than missing a class. *Please try to make this scenario a rare exception from the rule.*

PREP FOR AN AWESOME CLASS WITH YOUR PEER STUDENTS

We train barefeet or in (ideally fresh) socks, and we train on Japanese mats. The Ukemi (fall training) can lead to scratches or ‚carpet burns', if you're not used to fall. Hence we recommend long sleeve clothes (rash guards or keikogi or jogging gear). When you get into a playfight with your training partner, you may want to get rid of jewellery and other potential safety hazards on your body prior to the beginning of the class.
If you don't understand something or have a question, please ask anytime!

LITERATURE LIST

Historic works

1. **‚Gorin no Sho'**
Book of Five Rings
Author Miyamoto Musashi
*1584 - † 1645

2. **‚Sūnzi Bīngfa'**
The Art of War
Author Sun Tsu, *544 - † 496 v.Chr.

3. **‚The Unfettered Mind:**
Writings of the Zen Master to the Sword Master'
Essay for Yagyu Munenori
Author Takuan Soho
* 1573; † 1645

contemporary works

4. **Meditations on Violence**
Author Rory Miller

5. **The Liar, the Cheat, and the Thief**
Author Maija Soderholm

6. **Violence of Mind**
Preparation for Extreme Violence
Author Varg Freeborn

7. **Campfire Tales from Hell**
Musings on Martial Arts, Survival, Bouncing, and General Thug Stuff
edited by Rory Miller

8. **The Ethical Warrior**
Author Jack Hoban

9. **Carry the fire**
Author Aaron Moyer



PACIFIST:
Ingo Strobel, born 1968

13 years* of Bujinkan Ninjutsu (Shodan 2018)

15 years* Aikido (Shodan 1993)

15 years* of dynamic & sport shooting

5 years* of Musō Jikiden Eishin-Ryū

3 years* of Hokushin Ittō-Ryū Hyōhō

** Stand 2025*