Enlightened Warrior Sword Colombia

The Sageo Knot
The living Bujinkan
IBDA Taikai 2008 (USA)
Yamagakure Kai 2008 Colombia

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SHINKEN DOJO
IBDA BRANCH DOJO COLOMBIA
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Visita de los Shihanes Richard y Linda Van Donk a Colombia
EDITORIAL
What is a warrior?

UPCOMING EVENTS
IBDA Taikai March 2008
Hosted by Richard Van Donk, Shihan
Yamagakure Kai 2008
Hosted by Ricardo Zapata, Shidoshi ho

THE WAY
Enlightened Warrior
By Ricardo Zapata, Shidoshi ho

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Registro Intelectual y Prensa. Ricardo Zapata Luna Todos los Derechos Reservados.
What is a warrior?

Many people ask themselves this question, arriving at various definitions. Many times, people have used words like honor, justice, perseverance, honesty, love, passion, to describe such a person. Many find themselves searching for a life of significance, and where many do find such a life, few find themselves living through the vision of being a true warrior. To live a life completely dedicated to this road can be extremely complex, full of ups and downs. It means living a life that involves a higher conscience, more complex than that of the norm, therefore advancing in life rather than retrogressing. A warrior is a person who can look in the eyes of the impossible thing and find the means to achieve it or defeat it. A warrior is a person who can see past himself while searching for knowledge, therefore respecting the natural order of things while in his quest. What I am trying to say is that for a warrior there is no “impossible,” and only unlimited possibilities in life. A warrior without their own connection to Source, to God, is not a warrior of true principles, therefore is being fed through origins unknown. Such a person can not gain respect in his personal life or through people he encounters. A warrior is a man who loves his spouse with all his heart. He respects all, is tolerant and maintains tranquility within his life as well as with others. A warrior illuminates others and therefore does not snuff them out. He gives testimony so that others may be inspired to pursue the common goals of peace and love, not of ill will and evil. If you desire to learn the ways of the warrior (Bushido), find a teacher who is qualified to instruct. But, how do we know if he is an honorable and true teacher? I say to open your heart and ask yourself these questions: Does my teacher listen to others? Does he build or destroy a person’s dreams? Does he hinder or empower individuals? Does he speak well of others or does he speak of them in a negative way? In closing, allow your heart to guide you through these thoughts and you will discover the answer. I would like to extend my gratitude and appreciation to my teacher Richard for sharing these teachings.

In the picture (left to right): Shido Shihan Ricardo Zapata, Shihan Linda Van Dork, Master Richard Van Donk and Sensei Roberto Zapata, Enlightened Warrior Sword Colombia 2007.
IBDA's 21st Annual California Tai Kai
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Enlightened Warrior
By Ricardo Zapata, Shidoshi ho

One of the greatest teachings Shihan Van Donk has ever expressed is the search for the "Super Consciousness," connected by meditation and therefore unifying us and the Grand Light (God). Shihan Van Donk teaches, "what surrounds us is a grand divine light, which protects us...the mind and light of God." Shihan has taught certain techniques in processing and generating one’s own personal energy. He talks about how certain martial arts use or project energy in a wrong or hurtful way, therefore wasting their energy and causing internal repercussions. On the contrary to this, Shihan was able to demonstrate and teach a form which enables us to express and maintain our own energy, therefore creating a system which automatically allows one to re-energize. "To gain energy and not lose it," is the most basic teaching in Taijutsu. One must transform the slightest bit of energy into power, without misusing or overexerting oneself. This concept is also found in many other aspects in life...

"Breathing is your spirit," says Shihan Van Donk, and therefore is one of the most basic and important teachings he has ever expressed. If you do not breathe correctly, then the spine falls in poor posture (poor kamae), therefore creating weak blood circulation and poor energy circulation. Think of the body as a giant antenna and inside the body there are numerous energy outlets. In doing so, reflect on this analogy that Shihan expressed when teaching one day... "if you have a cell phone without batteries, then you can’t pick-up a signal...if you don’t have the signal then how can you call someone to talk or communicate with them?"

Many of Shihan’s teachings point towards a connection between us and the "Collective Conscience," which is in pursuit of making better spiritual human beings. This approach is to help us maintain an intimate connection with ourselves, allowing us to maintain an elevated state of consciousness as well as our connection with this world. We live in a world which is in a state of urgency for individuals to take a more illuminated path of peace, tolerance, and love for the sake of humanity and the natural world around us.
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Enlightened Warrior Sword Event, Colombia
The Van Donks in Cartagena,

By Ricardo Zapata, Shidoshi ho Event Organizer

Realizing Intent
In January of this year, Shihan Richard confirmed his visit to Colombia. It was a fantastic moment when I heard he was coming; the planning was starting to take place. It had been six months since Shihan had announced the theme of the event, calling it “Enlightened Warrior Sword, Colombia.” As things developed, the entire process seemed magical – manifesting naturally in a way that seemed to be destined...to be able to spend this moment in time with such marvelous teachers of life. “Your magic is functioning Ricardo!” Shihan Richard would say. It was a reality check to actually have him training with us. The students were extremely happy to have him confirm the event, yet were still seeing the event in October as almost unattainable and so far away. But, as the months passed, the time waiting became nothing to them...it flew by because of their excitement and anticipation. Shihan Van Donk is an extremely interesting person and teacher, known to have much expertise not only in the martial arts, but in many facets of life. Many of his lectures possess insights into life, as well as how to realize one’s dream; these special conversations are what I have to keep – the best of all the knowledge and techniques. I would like to thank my beautiful and wonderful wife for all her hard work. Without her, the event would not have been possible. In addition, I would like to thank my students for all their hard work, as well
Shinden (transmission of teaching – heart to heart) information. The first class dealt directly with Jugodan Kugyo Hoppo Hiken Menkyo Kaiden. I had the opportunity to train with my teacher, exploring and studying techniques, as well as other knowledge he possesses. We discussed religion, Kiji and meditation, the Sakki test, IBDA Branch Colombia, and other issues that were to be addressed throughout his visit. Shihan centered his teachings on the premise of our own internal energy and focus. We discussed the source of divine energy and natural energy. Students of the seminar were able to experience profound teachings related to the spiritual side of his teachings. In addition, sword techniques were studied, allowing the opportunity to feel Shihan’s techniques and power first hand.

I could feel his
tsukis directly towards my chest, with phenomenal precision, speed, focus, with techniques that keep you guessing. Shihan discussed the concept of movement in light of a life threatening attack. He said, “the only way to survive is to move...no movement...no life.” Shihan expressed that we need to be humans of movement – of action that always changes form.
The Party

Starting the whole event with friends along with Ricardo Zapata and Zaira de Zapata (wife and assistant of Dojo Shinken). We enjoyed a celebration filled with music, songs, tambourines, and fantastic food.

During the party, Shihan Richard and Linda demonstrated incredible taijitsu on the dance floor.
New Promotions

Shinken magazine recognizes the following students for their accomplishments and pursuit of promotion: Shihan Van Donk personally promoted Ricardo Zapata to Third Dan, Ray Jackson to Shodan, while the rest were promoted by Shidoshi ho Ricardo Zapata.

RICARDO ZAPATA 3rd DAN (SanDan)
RAY JACKSON 1st DAN (ShoDan)
ROBERTO ZAPATA 5th KYU
SEBASTIAN ZAPATA 6th KYU
ZAIRA TINOCO DE ZAPATA 7th KYU
JOSE ARRIETA 7TH KYU
KEVIN MUÑOZ 7TH KYU
DAVID ZAPATA RAMIREZ 8th KYU
WILLIAM PEREZ 9TH KYU
ALEJANDRO ALVIAR 9TH KYU
CRISTIAN ORTEGA 9th KYU
JOAN S. ARDILA 9TH KYU
GERARDO MONRROY 9TH KYU

Gambatte Kudasai!!
Un gran evento!

Enlightened Warrior Sword Event Colombia

One Grand Event!

Experiences with Shihan Van Donk in Cartagena

This event was an awesome experience, difficult to express in photos or words, but part of this experience was left in this photo registration, as well as in these thoughts alive in this journey next to Shihan Van Donk.
Many thanks go to Shidoshi-Ho Ricardo Zapata and his beautiful wife Zaira for making our time in Cartagena a wonderful, fun-filled experience!

We stayed in a beautiful hotel in the walled city and got to experience all the beauty of old Cartagena. Then in the evenings there were long dinners filled with laughter and sharing stories with our Colombian friends. And one night we were treated to a roof-top party with gaita music and dancing arranged by Zaira so that we could meet the parents of the students. And after the seminar we all went to the beach to spend more time together.

Richard and I truly appreciate all the effort Ricardo and Zaira took to make our visit a trip to remember!

Thanks also go to Ricardo’s brother Roberto Zapata from Cali who took such good care of us on our short visit to Cali. We were able to go to his dojo and meet his students and their parents at a dinner before we left for the seminar in Cartagena. And we must remember to thank Fernando Fábrega of Panama who did a very good job in translating so that everyone could understand the subtleties Shihan Van Donk was trying to convey to the students.

Many congratulations go to Shidoshi-ho Ricardo Zapata on his promotion to 3rd Dan. He has worked extremely hard in his studies and we were very impressed with his taidjutsu.

Looking good Ricardo! Keep up the good work!

We are very happy to have been able to come to Colombia and make so many new friends. We hope that our visit has inspired the students in their training. Our wish is that the new ways of experiencing movement and creating personal presence which Shihan Richard shared with them will not end with the seminar, but will continue to help the students in living every day. Shihan Richard gave them more than just sword teachings. He shared with them internal skills that, when practiced daily, will help them to be stronger, happier and more focused in life. This is the way martial arts should be approached - as a way of living, not just giving some fighting techniques - and we were honored to be able to share this with the students in Colombia.

Until we meet again, Big hugs to everyone,

Shihan Linda Van Donk
IBDA
Crystallized Visions of Satisfaction

My husband and I, years back, had the vision of hosting this event – now I can say I am satisfied with our dreams coming to pass. This event had many fantastic moments, all with fantastic people. Not only was the event awesome, but also extremely spiritual in nature. I was so happy to be with family and friends who enjoy life as much as the Shihans, as well as trying to live life in such a positive manner. To all the participants at the seminar, as well as Shihan Richard and Linda – I want to say that in Cartagena, the doors will always be open for you. We are open to grow with you spiritually, in friendship, and in an overall positive direction. Always remember that this is your home – a place of peace and happiness. Every time you return, we will always receive you with open arms. To the young and old of Shinken and Makoto Dojo, thank you for your participation.

Till next time!

Zaira de Zapata
IBDA Branch Dojo Columbia
An experience to repeat

I had the pleasure in experiencing the live "Shinken" techniques of Shihan Van Donk. Wow...I enjoyed every moment of his unbelievable energy. It was so satisfying being a part of such an event and it was a privilege to help organize...words just cannot describe the memories and honor. I hope to repeat this experience in the future.

Ricardo Zapata, Shidoshi ho
Director Shinken Dojo
IBDA Branch Dojo Colombia
Representative
A Great Master, A Great Person

Before writing my experiences about the seminar, I wanted to commend and express my thanks to members of IBDA with Shihan Richard and Linda Van Donk. I was fortunate to meet with the Van Donks in Cali and spend time with them through the few days they were here. They are great people with a great amount of life experience under their belt. Very few martial arts teachers possess the knowledge, technical skill, and humility that Shihan Richard has. We are extremely fortunate in having him as our teacher, leader, and guide through the Bujinkan. In respect to the seminar, everything went terrifically due to the awesome techniques, demonstrations, and quality of instruction Shihan Richard provided. Hope we can do it again!

Roberto Zapata, Sensei
Makoto Dojo, IBDA Branch Cali, Columbia
Shihans For ever

During the final night of the event, my son and I went for a walk on the beach, playing a game to see who could spot a falling star. Then, while looking up in the night sky, Alejandro remembered the old superstition that whoever sees one is granted a wish. I asked him if he had a wish in mind, and he said the following…. “I want to see a falling star, but I have nothing to wish for since I have everything I want.” This moved me to appreciate this world and how marvelous it truly is. The Shihans burn like streaking stars in our hearts, taking away apart of us with them…such a group so diverse and so united spreading such good will in a world so divided.

Carlos and Patricia Alviar Lleras
IBDA Branch Dojo Colombia
Personally, I feel very fortunate to have been given the opportunity to participate in this seminar. The techniques of Shihan Richard Van Donk were productive and filled with knowledge. We were able to study not only combative aspects of the martial art, but also aspects involving one's own personal life paralleled with techniques in budo-taijutsu. It was an honor to train with other martial artists of different regions and countries. I would like to extend a hello to all who attended!

Jose A. Campo
IBDA Branch Dojo Colombia

The seminar with Shihan Van Donk was one of the best experiences in my life. What I learned and walked away with was much more than what I expected to encounter at the seminar. Truthfully, the event helped me discover more than what my personal existence involves, therefore helping a person make the decision in becoming a better person in the pursuit of overcoming life's obstacles. The principle teaching I learned in this seminar is if you want to do great things in your life, you have to instill discipline and perseverance in your life. A person has to have great passion and dedication to reap the benefits of the final goal. What I learned from Shihan alongside the Ninjutsu training was that the better things in life take time. This is why we have to be consistent in the things we pursue and therefore never give up. We should be living each day to the fullest. Understand that God gives us the ability to choose how to live our lives and carry out our existence. Ultimately, our lives are dependent on the decisions we make and how we impact others around us. Life is filled with choices; we need to be careful and be intelligent in the decisions we make.

Cristian Ortega
IBDA Branch Dojo Colombia
Experiences in Cartagena

Hello Buyus,
I wanted to comment that the event in Cartagena, Colombia was an awesome experience. Apart from learning a large array of techniques, armed and unarmed, we also covered topics involving spirituality and meditation. In addition, we became brothers throughout the event – while Ricardo obtained his third dan, and Ray Jackson, from Hawaii, was awarded his Shodan.

Sincerely,
Shidoshi ho Fernando Fabrega
Sandan – Bujinkan Panama
I left this event with a vast amount of techniques, along with relaxation and meditation techniques. We also covered how to stimulate the body’s energy, while I truly enjoyed learning sword postures and how to utilize them with basic cuts. The time at the event seemed too short to get to know everyone, but being with like-minded people was awesome.

Sebastian Zapata,
Student of IBDA Branch Dojo, Colombia
Never forget

The thing that I enjoyed the most was Shihan Van Donk's form. I always thought of him as a distant and serious person, but I found out that he is the total opposite. Shihan is an extremely pleasant person, happy and full of energy. Of course he is an extremely focused and centered individual - always aware of the moment when it is time to play and time to get serious. I truly enjoyed finding myself with various people from all over the world in one place and with one common goal...to learn from a Master. He demonstrated phenomenal technique and strategies practical to many situations. I will never forget this experience.

Kevin Munoz
Student of IBDA Branch Dojo, Columbia
Renewal of Strength

This seminar with Shihan Van Donk was extremely memorable. It was awesome to be able to witness the techniques performed live and first hand. One just had to appreciate his fluidity, as well as find out why he was named “Happy Dragon” by Soke Hatsumi. Each moment was a positive experience due to the energy he emitted. What I truly enjoyed was the various techniques of meditation and channeling of energy; we have to realize to use these techniques in our daily lives despite our busy schedules. Shihan taught us that in seven minutes we could practice selected techniques that would allow a sense of energy renewal and liberation. We also trained in sword techniques, tanto techniques, kamae, etc.

I had the honor in meeting people from all over the world, who were like minded and in pursuit of the things that Shihan had to teach. These past couple of days exceeded my expectations, providing me the inspiration to keep going.

Jose Arrieta
Shinken Dojo Student
IBDA Branch Dojo Columbia
Sageo
The Sageo Knot

Begin with inserting the sageo in the Kurigata and double it the same way. Respectfully, continue with each pass. I recommend that you adjust the sageo with each pass, carefully tightening the sageo. This is one of the most common knots used - others exist, but this one allows you to learn the basics of knot tying.

Por Ricardo Zapata, Shidoshiho
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