

# Aikido Zen Path

## Initial 3-months Period - **Kenshusei – Commitment**

*“True strength of virtue is best cultivated with a spirit of self-sacrifice and actions carried out when there are no eyes to see them. Therefore, daily life and training should be led by ones own conviction and subjective attitude, seeking neither recognition, praise, nor return for what has been done, but making practice be about Silent Work.”*

*TK. Chiba*

To enter KENSHUSEI is a commitment to deepen our wisdom and compassion and to increase our ability to function responsibly in daily life. What does this mean? To face what we need to face, releasing hindrances, strengthening what is weak

Kenshusei on the AIKIDO ZEN PATH practice the ‘Art of Peace’ for total spiritual development, integrating the dojo discipline of Aikido with Zen meditation, study with a Zen Teacher, embodiment, service and character development. Kenshusei training extends Aikido into all aspects of life - practice, work, relationships, family. To be Kenshusei is to manifest Oneness and Harmony anywhere and everywhere.

I pledge in the presence of my teachers to make the following efforts, knowing that nothing goes as planned, but refusing to give up:

### **Aikido:**

I will attend the Aikido training on the following days:

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I will attend the weekly meeting/discussion with Sensei Eran Kyoka Vardi on the following day and time:

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I commit to be responsible for:

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**Zen:**

I will sit at home daily for:

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I will attend the weekly Zazen and personal Interview with Roshi Genki at the Zendo on the following day and time:

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Personal commitments for the 3-months period:

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Date:.....

Student: .....

Roshi Paul Genki Kahn

Sensei Eran Kyoka Vardi

*"To practice the art of peace properly, you must:  
Calm the spirit and return to the source.  
Cleanse the body and spirit by removing all malice, selfishness and  
desire  
Be ever grateful for the gifts received from the universe, your family,  
mother nature, and your fellow human beings"*  
O-Sensei