

SOKU SHIN NO GYO (MISOGI)

"Soku Shin No Gyo" (breath/mind training), also known as "Misogi", is one of the most important of the Aikido side-disciplines. Its purpose is to unify mind and body in the midst of chaos. The essential elements are sitting seiza, chanting, ringing of the suzu (bell), and controlled breathing. When performing Soku Shin No Gyo, the sound of the voice and the sound of the bell must be one. To do this properly, the student must give one hundred percent of him/her self to each sound, each ring. Never try to gauge yourself in Misogi, attempting to save some energy for later on in the exercise. Give your all at each moment, and you will discover that your reserves are far deeper than imagined. Doing Soku Shin No Gyo regularly, the student will develop powerful kokyu, by stretching beyond assumed limits.

CADENCE:

TO	HO	KA	MI	E	MI	TA	ME
1	2	3	4	5	6	7	8

TO	HO	KAMI	EMI	TAME
1	2	3	4	5

TOHOKAMI	EMITAME
1	2

CHANGING OF CADENCE:

The performance of Misogi is not something executed independently, but rather successful Misogi arises from the unification of the entire group of participants. In other words the striking of the bell and the sound of the voice must be one with everyone. To this end, we have an "osa" (the leader, seated on the right in front) and two "kagura", (the leader's assistants, sitting on the left in front). Either the leader on the right, or the assistants on your left, should be the focus of your attention at all times. The osa sets the cadence, or the beat, for all to follow.

This cadence changes three times, from eight to five to two beats. At each of these two transition points the osa raises his bell high above his head, and places strong emphasis on the phrase "KAMI", as follows: (as in eight to five) TO HO KA MI E MI TA ME, TO HO KAMI EMI TAME, and (as in five to two) TO HO KAMI EMI TAME, TO HO KAMI, EMITAME TOHOKAMI Achieving these transitions with precision requires tremendous concentration at all times. Do not slack your attention. Give your all ...