



BUDOKAI MELS



UCHI DESHI PROGRAMM

Uchideshi literally means "inside student". In the traditional Japanese arts, it has been the custom for certain committed students to reside with their teachers or within a dojo, similar to the apprenticeships of European tradition. Through the constant daily contact afforded by a live-in training situation, uchideshi gain knowledge from the teacher through a direct, wordless transmission, a mechanism described in Japanese as *isshin den shin*: "mind to mind." The student is said, over time, to take on the *kiai* (energy, vibration) of the teacher, similar to the way a guitar string can catch the vibration of an adjacent string.

Thus, uchideshi training is more than simply intensive practice of technique. It involves the transmission of an art's essence, from teacher to student, in a direct manner that transcends mere conceptual understanding. By living a life in which even the smallest daily activity is viewed as an opportunity for training and refinement, uchideshi seek not only to understand their art, but to embody it with their entire being.

Particularly in the martial arts, this sort of apprenticeship is somewhat severe in flavor, in keeping with the urgent, life-and-death atmosphere of the martial context. The student is challenged physically, mentally and emotionally to overcome all self-imposed limitations. Attention to detail, strong energy, and a dauntless, brave state of mind are stressed. Training can at times be harsh, and little attention is paid to an uchideshi's personal feelings.

However, the ultimate goal of the training is not simply to transform students into tough martial art practitioners. It is to very directly show them their mental, physical and even spiritual weaknesses, and the way to overcome them. Uchideshi learn quickly that their capabilities as human beings are much greater than they had thought. Like a shining sword that is forged from rough ore through constant fire and hammering, the end result of uchideshi training should be something both strong and beautiful. A compassionate, focused and intensely energetic individual is the goal. These are the people who should be qualified to carry on the lineage of an art, and to help others using the wisdom gained from long years of self-forging.



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Tatsu Ryu Karate Do Uchideshi Program Details

Residence and Training

Uchideshi train at Tatsu Ryu Karate Do Headquarters, in Sargans. Living facilities nearby are spartan; uchideshi do not have room for personal belongings other than clothing, training equipment and personal effects. A footlocker-size container must be sufficient for these things.

Uchideshi must attend all Karate classes and seminars and Zen training activities at Tatsu Ryu Karate Do Honbu. An average of four hours per day is spent training. As part of their instruction in dojo and organizational operation, they may be called upon to also assist in office and other activities. Other training activities at Tatsu Ryu Karate Do may be open to uchideshi following the successful completion of their first uchideshi time.

Uchideshi must provide their own food and cook for themselves. In order to support themselves financially, time is granted daily for outside part- or full-time work. Other than approved work schedules, all remaining uchideshi time is spent focused on training and dojo activities. Uchideshi may have leave to visit their families or take care of other out-of-town responsibilities only with prior permission.

Lifestyle

The primary focus of an uchideshi at each moment of the day is training. All other activities, personal relationships, hobbies, etc. are to be put aside. Guests are not permitted in the uchideshi residence. Personal relationships and free time activities are not permitted to interfere in any way with training and dojo activities. Uchideshi must continuously forget themselves, and focus solely on perfecting their art.

Honesty and direct communication with the teacher is fundamental to the success of this training. Disrespectful conduct toward instructors or others, excessive expression of ego, and other such things are not tolerated. Uchideshi must be willing to take orders from their teacher or seniors. Even when fatigued



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or injured, there are times when things must be done. Again, the spirit and energy of someone entering into a life or death battle must be maintained.

Program Commitment

The minimum time commitment for uchideshi training is three month, unless otherwise arranged in advance

Upon initially entering the program, uchideshi are considered probationary participants for one months. At the end of that period, if their participation is not successful, they may choose to leave or they may be removed from the program by the Director. If the first month is successfully passed, the uchideshi must then commit to remaining for the balance of the rest of his time as uchideshi.

Uchideshi pay a monthly rent to support their residence (approximately the amount one would pay for a studio apartment). However, they pay no fees for training or in-house seminars. Uchideshi are also asked to make a small donation according to their ability to for participation in Zen training retreats. Other than these fees, they must simply take care of their personal and food expenses. It is required that uchideshi have health insurance. Again, time for work is allowed to cover these various living expenses.

Is it for You?

If you are interested in uchideshi training, we respectfully request that you consider the following questions carefully. They are meant to point out potential obstacles to your participation:

1. Are you prepared to undergo severe physical training and fatigue with no reward or thanks other than the experience of the training itself?
2. Are you willing to undertake a long-term living situation in which you have no free time, and during which no value is attached to your personal feelings and inclinations?
3. Can you handle being and feeling alone or isolated for extended periods of time?
4. Do you have unresolved issues with authority figures?



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5. Do you have a history of mental illness, instability or substance abuse which would make this kind of training potentially unhealthy for you?

Application and Interview Uchideshi training is directed by the Tatsu Ryu Karate Do Director, Shihan Niklas Albrecht.

Persons wishing to apply for uchideshi training should personally contact Shihan Albrecht. At a minimum, a face-to-face interview with the Director, and a visit to the Tatsu Ryu Karate Do Honbu. To train, is required before acceptance into an initial one-month probationary period. Letters of recommendation will also be requested, along with a written essay. If you are currently training with another Karate teacher, letters of recommendation and permission will additionally be required from them. Finally, unknown persons and persons with no Karate experience may expect to be required to establish their own residence in the Sarganserland and to begin regular training at Tatsu Ryu Karate Do Honbu for a period of time before being considered for uchideshi training.

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