

Jan 30, 2024

**Kyudo Forms and How They Evolve**

*“There is nothing permanent …except change.“-Heraclitus*

Greetings,

Toko Kyudojo is pleased to invite you to our 2024 Spring Retreat, our 23rd retreat with Don Symanski. This year our theme will be how established Kyudo forms change.

We do not know precisely how Kyudo forms originated. Don speculates that they arose from the need for an efficient and consistent way of shooting to achieve a balanced shot. Kyudo schools arose at least in part from individual teachers standardizing different postures, movements, and ceremonies to support that need. Over generations, change occurs.

Our inquiry in May will consider why and how changes are made. Is a change in form necessarily a change in principle? A fixed form can be lifeless. Stagnation may undermine the nature of practice. Who has the authority to decide to make changes to a form? What conditions might inform this type of decision?

We endeavor, both as individuals and in groups~~,~~ to practice a form and follow a tradition. The path is always the same and never the same. How do we accept or resist the changes we inevitably face?

We welcome you to come and explore these questions with us in discussion and practice.

**Program***:*

The program will begin Wednesday evening, May 1 after dinner.

We will host a review of the 7 Coordinations on Thursday for anyone who has not practiced for a while.

There will be informal practice Wednesday afternoon beginning at 3:30.

The retreat will conclude at 2:30 pm on Sunday, May 5.

**Facilities***:*

The Garrison Institute is 50 miles north of New York City in a former Capuchin monastery overlooking the Hudson River. It is a rich place to practice; the food is typically excellent. There is a warm, dry indoor practice area as well as an outdoor eight-person platform.

**Registration: Opens on February 5**

This program is open to everyone who has taken First Shot. Registration will be a two part process, starting with Toko and finishing with Garrison Institute - details are on the registration page. Please register early at [Spring-2024\_Registration](https://toko.squarespace.com/spring-2024)

**Scholarship**:

Toko Kyudojo offers scholarships to help any practitioners attend our programs. This year we will offer six scholarships in the amounts of $160 and $250.Scholarships are offered on a first come, first served basis.

We are always pleased to accept contributions to the scholarship fund – large or small. Contributions are fully tax-deductible. Please visit the [*DONATE*](https://toko.squarespace.com/page-donate)page of our website.

Any questions or comments? Please contact us at: [*programs@tokokyudojo.org*](mailto:programs@tokokyudojo.org).

We look forward to seeing you along the Hudson River this spring.

Sincerely,

Toko Kyudojo

[*www.tokokyudojo.org*](https://toko.squarespace.com/)*.*

*“And how do we keep our balance?*

*That I can tell you in one word - Tradition.”*

- Sheldon Harnack, lyricist for Fiddler on the Roof.