

Some thoughts on the Philosophy of Kyushindo

- Anyone seeking the essence of Kyushindo invariably evolves their own idea of what [Kenshiro Abbe](#) wanted his budo students to understand by this philosophy and its application to the practise of judo.
- Kenshiro abbe took an old Japanese religion based on Kyushindo and related it to the practise of judo so that movements should be smooth and harmonious with no violent clashes of opposing strengths, by utilising and redirecting your opponents force you can turn it to your advantage. This is a philosophy which can be applied throughout one's life.
- Essentially Kyushindo translates as
 - KYU – to desire or search after something
 - SHIN- heart, mind, spirit, the essential essence of anything
 - DO- a way or path
- A well designed yacht in the hands of a competent helmsman demonstrates the essence of Kyushindo. With the sails trimmed correctly she cuts gently through the waves, the wind guiding her smoothly on her way. The helmsman needs only make gentle adjustments to keep her on the desired course. However, place a novice at the tiller and she slams into the crests of successive waves, heeling and luffing excessively as the helmsman fights to get her to her destination.
The first helmsman drawing on years of experience realises that with correct preparation he does not need force to achieve his goal. The novice tries to coerce her to make up for his lack of knowledge and technique. He is unable to trust to nature, he has to try to impose his will.
The planner appears to have an easier path but only because of years of toil. It takes a surprising effort to achieve the calmness of spirit required to follow Kyushindo.
- In life there are no beginnings or endings. In each perceived end are sown the seeds of new beginnings. It is not always possible to see where one event stops and the next starts. For example the seasons blend into each other, and as some lives end and new ones start. Without this natural cycle there would be no life.
- Unfortunately we are often too involved with concerns over past actions to move forward to new beginnings.