

SHO CHÛ KU

« **SHO** Beginning, simplicity, **CHÛ** Center, heart, **KU** Depth ».

The calligrapher in me is elated by this principle. Although I've been practicing these three rhythms for decades in Iai, Jô and calligraphy, I hadn't recognized its true worth...

I worked on this topic for a long time and came to the conclusion that it was a principle fundamental in all arts. It's impossible to reach **KU** without going through **SHO**, then **CHÛ**...

Not only it's the necessary progression, but I realized that I didn't use the same parts of my body and my mind through these different stages... Like in calligraphy (the Kaisho style, print) the **SHO** phase is very cerebral, precise, slow. The **CHÛ** phase comes more from the heart... with a sinuous, fluid movement of great beauty... Then, for the **KU** phase, I noticed that my energy came from Hara, from **SEIKA TANDEN**... that the movement was faster and stronger... But for this energy-giving movement, we must have fully memorized the movement (or the kanji), hence the necessity of the **SHO** phase... Then, looking at different arts, I noticed with great pleasure that this principle existed in music, drawing, in all martial arts... It was a great discovery.

P. Krieger, written on 10/16/23