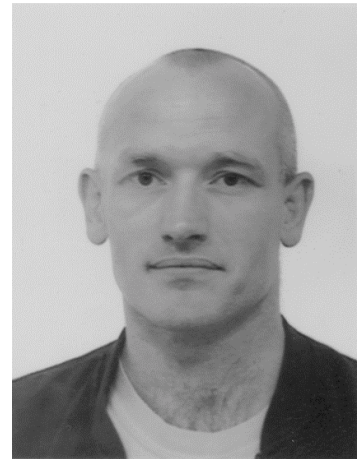


Dear People,

I am happy and honored to be asked to write one of the introductions to this booklet.

From my own experience, I know that finding a way to absorb and express the essences of the Eastern martial- and meditative arts, in a way that is beneficial to people in the West, is not an easy task. After decades of martial arts training, often I still stumble and crawl in the dark. For that reason it is always wonderful and helpful to have the luck to meet people that are inspiring examples in this field. In my case, Sensei Paolo is certainly one of them.



I have met Sensei Paolo, his students and his teachers on many occasions. Every time I meet Sensei Paolo I am inspired by his kindness, dedication, knowledge and truthfulness. In the same way I am always inspired when I meet his students. They always bring an atmosphere of dedication, respect and kindness. More hidden, but equally precious, is the goodness and support of his wife Josien in all this and as a father I know how much joy and inspiration children provide just by being who they are. Also the wonderful qualities of Sensei Paolo's teachers, Taiten Guareschi Roshi and Morio Higaonna, are clearly present in his dojo. It is wonderful that such pure and powerful lineages meet under one roof.

To uphold these aims and efforts for more than 20 years, with such an enthusiastic endurance, continuous curiosity and solidarity with those who are involved in it and beyond, is an impressive achievement. Such an achievement can be inspiring for any human being, regardless of once field of interest and activity.

I strongly hope that even more people will recognize the preciousness and importance of his efforts and find ways to support him and his dojo with whatever it takes. I am certain that many more would benefit from these efforts.

From my heart I bow,

Sydney Leijenhorst