

Shin Mei Kan - A Place



Gene Edwards, founder of Shin Mei Kan.

of Healing Spirit

by Robyn Redpath
photos courtesy of Gene Edwards

Twin spotted fawns greeted me as I drove up the drive; the trees around the nondescript metal building high on the mountain appeared to be leaning towards the compound. It felt like a powerful place.

Professor Gene Edwards, master of multiple martial arts disciplines, has a list of accreditations and qualifications longer than your arm! He

began his studies in JuJitsu in 1958 and was the youngest to ever earn a black belt, which he did in just over a year. Gene is now a Kudan (ninth-degree) black belt, earned a black belt in Judo and Kempo and has many years of study in various other disciplines.

However, he is quick to downplay anything of himself and turn to his real passions, the primary one being his God. They call him "Shihan" or "master of the system," but he calls Jesus "Master."

His dojo is called Shin Mei Kan, which means "Light of God," and it truly feels like a place of light and power. The main room of the school reveals a disciplined atmosphere of

order. The rest of his recently-built facility is still a work in progress. A weight and workout room, Jacuzzi tub, showers, locker rooms and other treatment areas are all being built.

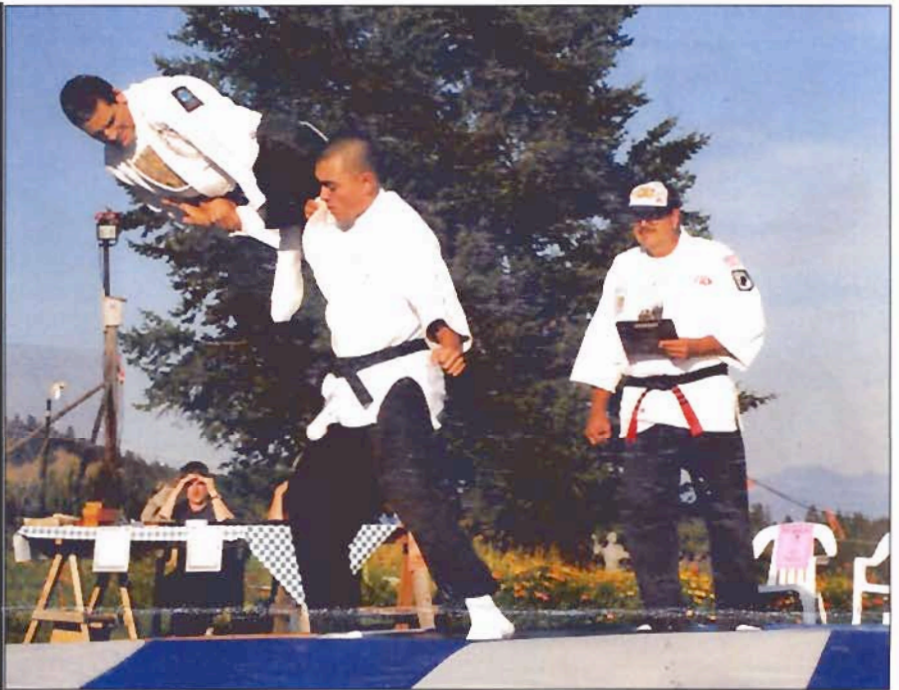
Gene's aim in his arts is to bring healing to people and he is, in fact, a certified practitioner of Okazaki Restoration, a style of traditional Chinese medicine, in which he has about 700 patients, some of whom fly in from other states and Canada.

Shin Mei Kan currently has classes in Tai Chi on Wednesday evenings, beginning JuJitsu Monday nights, and advanced JuJitsu classes on Friday nights. His rates are extremely affordable at \$60 a month for



檀山流柔術

Shin Mei Kan



the JuJitsu classes and \$40 for the Tai Chi. Oriental healing appointments are available by calling the dojo.

Gene teaches Danzan Ryu Ju-Jitsu, which was developed by the legendary Seishiro Okazaki. Gene's "sensei" (teacher) for many years was Okazaki's top student, the legendary Bud Estes. It is one of the most comprehensive martial arts in the world, combining over 50 different styles of JuJitsu and Judo, including weapons techniques plus Kung Fu, Karate, etc.

The primary purpose is the perfection of character.

To this end, the focus is Christ-centered.

Tai Chi, on the other hand, is an "internal" martial art, initially avoiding the combative aspect of JuJitsu.

Less physical and more spiritual, Tai Chi is known for its physical, mental and spiritual healing attributes. In the Yang style that Gene teaches, students learn over 108 different moves and "stillness in motion" meditation is an integral exercise of every session



which greatly helps in relieving stress.

As I left this amazing place I had an energy that carried me well through the rest of the day. Shin Mei Kan is a powerful place; that was obvious.

If it is fitness or healing, stress relief or perhaps just to learn self-defense, call Gene at Shin Mei Kan. It may be the beginning of an incredible journey!


Shin Mei Kan

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Shin Mei Kan
Prof. Gene Edwards,
Ed.D

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