

# 2024 SAISHIN DŌJŌ



## Bugaku Dance of Ancient Asia Kinnara Bugaku

From Monday, June 17<sup>h</sup> through Friday, July 12<sup>h</sup>, 2024, the Los Angeles Nishi Hongwanji Betsuin and Senshin Buddhist Temple will sponsor its 35<sup>th</sup> annual Saishin Dōjō (西心道場) Dharma School program (Since 1987). "Dōjō –道場" is the ancient word for a Buddhist Temple, meaning a place where awakening is cultivated. "Sai - 西" means "nishi" or "west", from Nishihongwanji (西本願寺) and "shin – 心" means kokoro or "mind/body", from Senshin Temple – 洗心寺 hence Saishin Dōjō

The program will consist of an all-day instruction program **from 8:30am to 3:30pm with pick-up service until 6:00pm sharp.** The program is an inter-connected one and requires that students participate from 8:30am ~3:30pm. Full participation by students is required for fullest effect of the various inter-related programs.

The program will include:

1. Instruction in reading, math, writing, and language skills taught by California credentialed teachers who are also Dharma School teachers or involved in temple sanghas.
2. Programs in Buddhist culture taught by qualified professionals. Programs this year will include sitting and walking meditation, exercise, Japanese foods, music, temple etiquette, Ikebana, Japanese language vocabulary, ceramics, Bon Odori, dance, flute, tie-dye, Jūdo, calligraphy, art, Bugaku ancient dance, Gagaku ancient music, student taiko, hashi etiquette, etc. Each day will begin with students participating in the morning omairi service.
3. A registered nurse is on staff.
4. **Children are not allowed to bring cell phones or electronic games, trading cards, or any kind of toys. Emphasis is on real social interaction.**

Classes are limited to those children of temple members who will be entering the 1st, 2nd, 3rd, 4th, 5th, and 6th grades in the Fall of 2024. Enrollment is limited to 15 students per class.

**The student's parent or guardian must be registered members of a temple and provide proof of membership as provided for in the registration form. This form is sent to the parents of last year's students. New student registration forms are made available on April 1<sup>st</sup>, and students are taken on a first come first served basis. Registration forms may be picked up at local temples. The registration is taken as they come to Senshin Temple at 1311 W. 37th St., Los Angeles, Calif. 90007. Those forms without signatures confirming membership are held until such time as confirmation is obtained. The space for your child cannot be saved without proof of temple membership, and those forms that are completely filled out will be accepted before those forms that are incomplete.**

### **Registration Fees:**

1. **Children whose parents are registered members of the sponsor-temples, Nishihongwanji Betsuin or Senshin Temple: \$650.00**
2. **Children whose parents are registered members of other Buddhist temples: \$700.00**

The registration fee **includes** :

1. All excursion entry fees and transportation fees.
2. Bottled water for Saishin Dojo fundraiser at Nishi Betsuin Carnival.
3. One Saishin Dojo T-shirt for year 2024.

Additional T-shirts may be purchased for \$10 per t-shirt (see registration form)

Parents who wish to participate in their child's outings are asked to get prior permission from the teacher and be willing to pay their own expenses. Such inquiries must be made at least a week in advance, as group entry tickets are reserved in advance. Friends of Saishin Dōjō students are **not** allowed to join the excursions.

**Children with special needs will only be accepted on an individual basis. Please include with your application form the specific special needs of your child. Without such notification and acceptance by our staff, before the first day of class, we reserve the right to terminate your child's participation in the program. We are not able to provide one-on-one supervision for any student.**

The 6<sup>th</sup> grade class has the additional option of attending a 5-day camping experience at the San Luis Obispo Temple from Sunday, July 14<sup>th</sup> through Thursday, July 18<sup>th</sup> 2024 . The total cost for the 5 days is \$700.00. This includes all room and board costs, transportation and all entry fees. The program includes the daily meditation and omairi schedules experienced at Saishin Dōjō, a toban schedule of serving and cleaning up after meals, daily excursions to tide pools, sand dunes, lakes, vegetable farms, craft projects, etc. This is all under the supervision of experienced camp counselors as well as the Saishin Dōjō 6<sup>th</sup> grade teacher, a cooking staff, and licensed nurse.

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Saishin Dōjō Daily Schedule:

8:00 - 8:30am	School Opens
8:30 - 9:00am	Assembly and Meditation Exercise
9:00 - 9:30am	Omairi
9:30 - 10:30am	Session I (Math, Reading, and Language Skills)
10:30 - 11:00am	Break
10:50 - 12:00 noon	Session II (Math, Reading, and Language Skills)
11:10 - 1:00pm	Lunch
1:00 - 2:10pm	Workshop I
2:10 - 3:10pm	Workshop II
3:10 - 3:30pm	Cleanup - Evaluation
3:40 - 6:00pm	Supervised After-School Play

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**A confirmation letter sent to you after we receive your registration will include the balance due on the first day of Saishin Dojo. The deposit is non-refundable after June 13<sup>th</sup>.**

**If you have more than one child applying, please copy the registration form and register each child on a separate form.**

**Registration is by regular mail only and requires the deposit be made out to The Saishin Dōjō and a confirmation of temple membership. Registration by E-mail, phone, etc. are not accepted. Do not send form by special delivery or anything requiring a signature.**

If you do not receive confirmation of your registration within two weeks of mailing in your registration form, please contact Rev. Masao Kodani (323) 731-4617.

# 2024 SAISHIN DŌJŌ REGISTRATION FORM

Monday June 17<sup>th</sup> through Friday, July 12<sup>th</sup> 2024

Name of student \_\_\_\_\_ sex: M \_\_\_\_\_ F \_\_\_\_\_

Age \_\_\_\_\_ Birthday \_\_\_\_\_ Grade entering in Fall of 2024 \_\_\_\_\_

Name of Parents \_\_\_\_\_

Address \_\_\_\_\_

zip \_\_\_\_\_

Occupation or talents: \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_

School time Phone ( ) \_\_\_\_\_

Emergency Phone ( ) \_\_\_\_\_

Cell Phone mother ( ) \_\_\_\_\_

Cell Phone father ( ) \_\_\_\_\_

Primary contact person: \_\_\_\_\_

e-mail \_\_\_\_\_

**Children with special needs will only be accepted on an individual basis. Please include in your application form the specific special needs of your child. Without such notification and acceptance by our staff, before the first day of class, we reserve the right to terminate your child's participation in the program. We are not able to provide one-on-one supervision for any student.**

**Special needs of student: My child** \_\_\_\_\_

**Allergies requiring medication:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Special medications;**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Medical permission form:**

In the event of illness or accident, I authorize the Saishin Dōjō authorities to secure the necessary medical treatment by a physician for my child.

Child's name/names \_\_\_\_\_

Parent or guardian's name \_\_\_\_\_ phone ( ) \_\_\_\_\_

Cell mother ( ) \_\_\_\_\_

Cell father ( ) \_\_\_\_\_

Nearest relative's name \_\_\_\_\_ phone ( ) \_\_\_\_\_

Doctor's Name \_\_\_\_\_ phone ( ) \_\_\_\_\_

Insurance Company \_\_\_\_\_

Parent or Guardian's signature \_\_\_\_\_

**TEMPLE MEMBERSHIP (required by parent or guardian of student):**

\*This is to confirm that \_\_\_\_\_ is a registered member of

\_\_\_\_\_ Temple \_\_\_\_\_  
**signature of temple authority (Minister)**

**This proof of temple membership must be signed by a minister.**

**One free T-shirt per registered student:**

T-shirt size: youth S \_\_\_ M \_\_\_ L \_\_\_ adult S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

**If you wish to order additional t-shirts, you may do so at the additional cost of \$10.00 per t-shirt.**

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T-shirt size: youth S \_\_\_ M \_\_\_ L \_\_\_ adult S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

**Registration:**

Nishi Betsuin/ Senshin members	\$650.00	_____
Other Temples	\$700.00	_____
Additional t-shirts:	\$10 per T-shirt	_____
6 <sup>th</sup> grade campout:	\$700.00	_____
<b>Total:</b>		_____

**Deposit: (\$50)**

A minimum \$50 deposit is required to register. The deposit amount is **deducted** from the total.

**Balance due:** \_\_\_\_\_

The balance is due on the first day of Saishin Dōjō.

For further information, please contact:

Bessie Tanaka, Director (323) 721- 4814 (evenings) Rev. Masao Kodani (323) 731- 4617 (daytime)

**\*Make checks payable to: The Saishin Dojo**

**\*Mail to:** The Saishin Dojo  
1311 W. 37<sup>th</sup> St.  
Los Angeles, Calif. 90007

**\*\*You must mail this registration form to this address (Senshin temple) by regular mail. There is no on-line registration. Express and other mail requiring a signature may be delayed by several days if no one is at the temple at the time the mail is delivered.**

For purposes of tax-deductions, our corporate ID numbers are:

L.A. Betsuin - #95-6118925

Senshin Temple - #95-4147305

**Gassho, Bessie Tanaka, Director  
Rev. Ryuta Furumoto, Principal**

## Saishin Dojo Medication Authorization

If your child needs to take **prescription or over-the-counter** medication while at Saishin Dojo and/or San Luis Obispo, please have your physician complete and sign the authorization. Each medication

### **REQUEST FOR MEDICATION TO BE TAKEN DURING SCHOOL HOURS**

(To be completed by a CA Licensed Health Care Provider)

Student name \_\_\_\_\_  
Last First Sex Birth date School

Name of medication \_\_\_\_\_ Start date \_\_\_\_\_

Dosage prescribed \_\_\_\_\_ Time schedule at school \_\_\_\_\_ Route \_\_\_\_\_

How long medication is to be taken?  1 year  short-term \_\_\_\_\_  
Date medication to be discontinued or # of days to be given

Purpose of medication or diagnosis \_\_\_\_\_ ICD Code \_\_\_\_\_

#### **Licensed Health Care Provider's Recommendations** (Check where applicable)

- The medication may have adverse side effects (explain) \_\_\_\_\_
- \_\_\_\_\_
- Special instructions and/or comments \_\_\_\_\_
- \_\_\_\_\_

The student for whom this medication is prescribed is under my care.

\_\_\_\_\_  
Print name/Title Signature Date

\_\_\_\_\_  
Address City State Zip code Telephone

Print name of Supervising Physician \_\_\_\_\_ (NP, Midwife, PA)

Furnishing Number \_\_\_\_\_ (NP/Midwife)

requires a separate authorization form.

### **REQUEST FOR MEDICATION TAKEN DURING SAISHIN DOJO/SAN LUIS OBISPO** (To Be Completed by parent/guardian)

I request my child \_\_\_\_\_, be assisted in using prescribed medication while participating in Saishin Dojo. I assume full responsibility for supplying all medication and shall deliver it, or have it delivered to the site by another responsible adult **IN ITS ORIGINAL PACKAGE**. I have read and understand the policy on the following page.

I give my permission for the exchange of medical information with the authorized health care provider and pharmacist regarding administration of medication during my child's stay at Saishin Dojo.

\_\_\_\_\_  
Date Signature of Parent/Guardian Printed Name

(\_\_\_\_\_) \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
Home Telephone Cellphone Work Telephone

## **REQUEST FOR MEDICATION TAKEN DURING SAISHIN DOJO/SAN LUIS OBISPO CAMPOUT POLICY**

1. Prescription medications must be clearly labeled by a U.S. dispensing pharmacy and contain the following information: (consistent with prescription of authorized licensed health care provider)  
a) Student's full name, b) Physician's name, c) Dosage, schedule, and route. How long medication is to be taken ie: 1 year or short-term: (Date medication is to be discontinued or number of days medication is to be administered.)
2. In addition to a home supply, parent/guardian may request a second labeled bottle from the pharmacy for school use.
3. Non-prescription (over the counter) medications that have been authorized by this request, may be administered at Saishin Dojo and/or San Luis Obispo only if the medication is provided in the original container.
4. Request for Medication to be Taken During Saishin Dojo Hours must be renewed annually.
5. Parent/Guardian will notify the nurse or site administrator and provide a new Request for Medication to Be Taken During School Hours when there is a change in the student's medication, health status or authorized health care provider.
6. The school administrator or the administrator's designee will assume responsibility for placing the medication in a locked cabinet, storage unit or locked refrigerator.
7. The administrator, the administrator's designee, or nurse will assume responsibility for returning unused medication to the parent/guardian at the end of the program.
8. If medication must be taken while a student is on a field trip, arrangements must be made through the nurse.
9. All injectable medications require special arrangements. a. Injectable medications, such as insulin, used on a regular or as needed basis must be administered by licensed health care providers and require special arrangements. b. Injectable medications, which are to be given on an emergency basis, require special arrangements and training of staff by the nurse.
10. Each medication requires a separate written authorization.

# 108 Ways to Know You've Been to Saishin Dojo

By Saishin Dojo Students and Staff, July 2022

1. You strung your own udenenju.
2. You made a rainbow colored tie-dye T-shirt with Ms. Carrie.
3. You played taiko and know the difference between *ka* and *don*.
4. You sat under the shade of the Bodhi Tree.
5. You made California Roll.
6. You took Bon odori lessons from Ms. Elaine and Mr. James.
7. You made fresh udon with your feet.
8. You know why we say "Itadakimasu" before we eat.
9. You made tofu with wooden molds.
10. You met Hanako the Tortoise.
11. You know why they change the colors of the tocho.
12. Seeing former Saishin Dojo classmates at Obons are like mini-reunions.
13. You made a ceramic pinch pot.
14. You know that "Okage sama de," means "Thanks to you," and you appreciate those who've helped us in our lives.
15. You made a ceramic Buddha
16. Rev. Furumoto taught you to cheer when it was your class's *toban*—turn to clean the kaikan and restrooms.
17. You made yasai tsukemono.
18. You planted succulents.
19. You have pages and pages of journal reflections of your Saishin Dojo days.
20. You know how to oshoko.
21. You visited JANM and walked around Little Tokyo.
22. You can walk on stilts (take uma), kind of.
23. You did Gagaku in 5th grade with Susumu Sensei.
24. You made makizushi.
25. You learned the difference between *rai hai* (deep bow) and a *yu hai* (slight bow) and when to do each one.
26. You learned Japanese phrases like "Ohayo gozaimasu" and "Genki desu ka."
27. You have a collection of white binders from every grade.
28. You learned how to correctly chop veggies and kamaboko.
29. You know how to create kinshi tamago out of egg crepes.
30. You made takuan.
31. You learned about WWII Japanese American concentration camps.
32. You took a field trip to the Long Beach Tibetan Temple.
33. You learned how to correctly use ohashi.
34. You meditated in the courtyard for 12+ minutes.
35. You had a great time on the 6th Grade trip to San Luis Obispo.
36. You made Spam Musubi.
37. You participated in the Tea Ceremony at the Huntington Gardens.
38. You've done walking meditation.
39. You made chirashi.
40. You did sumi-e at the JACCC with Mr. Hirokazu Kosaka.
41. You made a ceramic planter.
42. You did Bugaku in 6th grade with Mr. Roy.
43. You took the bus to The Aquarium of the Pacific and Tanaka Farms.
44. You learned judo and know how to fall safely.



45. You show respect by bowing when entering and exiting the Hondo.
46. You did Sumo with Miyaji Sensei.
47. You played board games in the kaikan after 3:30PM.
48. You made a ceramic kero.
49. You practiced leaving places cleaner than you found them.
50. You made a tie-dyed hachimaki with Ms. Wendy.
51. You made okara.
52. The little treks from Nishi to Yaohan or Mitsuwa were special treats.
53. In 6th grade, you slid down the sand dunes in Pismo Beach.
54. You learned how to play the koto.
55. You feel confident and comfortable doing sitting meditation and chanting sutras.
56. Your family accidentally turns down 37th Place instead of 37th Street when driving to Senshin Buddhist Temple.
57. You made koya dofu.
58. When you're supposed to bring a Mason jar, it's going to be a good day.
59. You kept time chanting with the settaku blocks.
60. You know how to arrange ohana.
61. You still have your Saishin Dojo T-shirts.
62. A ringing bell reminds you of recess and lunch.
63. You asked Ms. Bessie if you can be an intern when you get older.
64. You learned about the Koban in Little Tokyo.
65. You took a walking field trip to the California Science Center.
66. You made kyuri tsukemono.
67. You learned the real Buddhist background story of *maneki neko*, the cat who welcomed temple visitors.
68. You made shira-ae.
69. You better appreciate your family history.
70. You learned if you're knocked down 7 times, you get up 8 times.
71. You were told to never touch the lilypad pond.
72. You made manju at Fugetsu Do with Mr. Brian Kito.
73. You have a collection of Japanese recipes.
74. You learned how to glaze your clay pieces.
75. For 4 weeks, you smell like incense for half the day.
76. You made hosomaki.
77. You know how to use a soroban (abacus).
78. You tried a new Japanese food, and liked it!
79. You took the Metro to Universal City Walk or the El Capitan to see a movie.
80. You made tofu salad.
81. You know how the furoshiki got its name.
82. You sang Japanese children songs.
83. You got to hang out with Nishi Preschool friends.
84. You learned how to do sumi-e.
85. You made nasu no karashizuke tsukemono.
86. You did Rajio Taiso with Furumoto Sensei.
87. You know how to slurp noodles.
88. You were the doshi for Omairi.
89. You know how to fold origami boxes and cranes
90. You read Peter Rabbit with Ms. June.
91. You made gomoku mame.
92. You played tag, handball, basketball, badminton, and foosball.
93. You made inari sushi.
94. You know why we put the udenenju on our left wrist.

95. You learned the meaning of Obon.
96. You made a pan flute with Mr. George and played 'Yellow Submarine.'
97. You know what kogo, koro, oko and senko are.
98. You had so much fun!
99. You learned that you may look a fool if you dance and are a fool if you don't.  
So why not join in?
100. You know the story of Daruma and when you color in the eyes.
101. You made onigiri.
102. You know why we say "Gochisousama" after we eat.
103. You know which foot to use when you enter and leave the Hondo.
104. You added your design to the 6th grade T-shirt.
105. You were sad to leave after four weeks.
106. You learned that Amida Buddha's "OK" sign lets you know you're okay too.
107. You always address your former Saishin Dojo teachers as Mr. Richard,  
Miss Gail, Mr. Jeff...
108. You made lifelong friends and fond memories of Saishin Dojo.