

## " THE WAY OF HARMONY " in Leipzig, Germany

The WHD-Group in Leipzig started training in 1991, shortly after the unification of West and East Germany. Hiroshi Karita, instructor, graduated with the purple belt, had learned WHD from Tadao Kawahara. In 1990 he had an inspiration to go to the eastern part of Germany and to teach there the " Way of Harmony ". Fortunately he came to Leipzig, our group was founded. At first it was a secret-tip, but already soon the number of members arised. Often people came, looked, maybe attended training two or three times and disappeared. Others stayed, did hard training and developed their techniques step by step. Not only external. Master Karita also attaches much importance to the philosophical background of WHD. Sometimes a lecture about the internal facts is given.

In the last two years our group became bigger and bigger. Today we are about 23 students, training WHD three times weekly at the sports-college of Leipzig. As far as the grade is concerned it looks very different: starting with a lot of beginners it reaches up to two students wearing the blue belt. Nevertheless the atmosphere among the students is very good. With regard to the relationship between Master Karita and the students it develops the more and the seriouslier someone attends training.

Actually it is like a father and child relationship. We had also two workshops - one in Berlin, the other in Bad Camberg. Both were a great experience for the participants, in fact we all felt like a big family. The training was alternated by lectures about the philosophy of WHD, football games and cultural evenings. Particularly we will often remember the second workshop, because most of us got to know other WHD-instructors for the first time: Tadao Kawahara, Alain Le Roy, Christian Claus and Yusaku Oura. To train with them was really great. We should like to express our sincere thanks to teach us.

Finally, fondest regards to all WHD members. If you are interested in corresponding, please write to: Hiroshi Karita  
Gerberstraße 16/327  
Leipzig  
04105 .

Anja Pfeffer  
(WHD student)



Trainingscamp in Berlin in 1994