

# Shinzen Describes his Interactively Guided Web Program

00:00:00 Yes?

00:00:03 I'd like to request another level of training based on the grid.

00:00:08 I'm thinking back when I started to learn Aikido, there would be drill on a particular

00:00:12 practice and then drill on another practice.

00:00:13 It was up to me to choose what I wanted to practice.

00:00:14 I tended to just choose the ones I liked best.

00:00:15 How about as either a constantly available web page or a downloadable program, you could

00:00:16 put in total length of the session, for example, and then you could change the length of the

00:00:18 session, the length of the session, and the length of the session, and the length of the

00:00:19 session in the course.

00:00:20 How about, with the same application, you could do a guide training program.

00:00:21 How about as either a constantly available webpage or a downloadable program,

00:00:27 you could put in total length of the session and change time,

00:00:31 and then it would randomly say,

00:00:33 feel in, do nothing, see out, things like that,

00:00:38 so you had to learn to keep changing.

00:00:40 You'll see great minds.

00:00:42 It's great.

00:00:46 The program has set sequence,

00:00:48 it has free choice, and it has random call.

00:00:52 It's already written in the program.

00:00:54 Is it downloadable?

00:00:57 No, the text has been recorded,

00:01:03 the flowcharts and the logic is completely done.

00:01:08 We're in the process of editing the files

00:01:12 and coding the program.

00:01:17 But all my work is done.

00:01:19 I recorded everything, including it has that feature,

00:01:23 and my term for it in the program, I call it,

00:01:26 that you can have a random call.

00:01:29 And the very parameters that you mentioned are clickable in the program.

00:01:35 That's wonderful.

00:01:36 That's like Randori in Aikido.

00:01:38 Randori. I forgot about Randori.

00:01:41 Yeah, we're going to call it Randori.

00:01:44 What does that mean?

00:01:49 Randori?

00:01:50 We charged to find out what that means.  
00:01:56 Charlie, explain Randori in Aikido.  
00:02:06 It means instead of working with one person attacking you  
00:02:09 for your higher level test,  
00:02:11 several black belts are attacking you simultaneously  
00:02:15 and you have to be still standing at the end of five minutes.  
00:02:18 You've got to pay a lot of attention and flow.  
00:02:25 See, Ran actually, it's funny because it does mean random,  
00:02:29 but that's just a coincidence.  
00:02:31 It's nothing related to English word.  
00:02:33 Randori means to take,  
00:02:34 so it's like you're taking on at random,  
00:02:37 literally in Japanese.