



# Aiki Budo Centre Newsletter

(January 2007)

## Adult Class Times Aiki Budo North

### Monday

6:30-8pm Adolescents 12 &  
Older with Adult Participation

### Tuesday

7-8pm PUC/Beginners Class  
7-8pm Weapons Training  
8-9pm Intermediate Belt Levels

### Wednesday

6:30-8pm Adults Open Class

### Thursday

7-8pm Beginners Class  
8-9pm Intermediate &  
Advanced Level Class

### Saturday

10-11am Adult Open Class  
11-12noon Weapons Training

## Instructors

Jaime Sheppard	4th Dan
Steven Chau	3rd Dan
Greg Gruninger	3rd Dan
Christine Earl	2nd Dan
Jon Oaker	2nd Dan

*New Sunday Weapons Class  
See Matt Knight  
or Christine Earl for details*

# SHOOTHUG



"HAKAMA? WE DON'T NEED  
NO STINKING HAKAMA!"

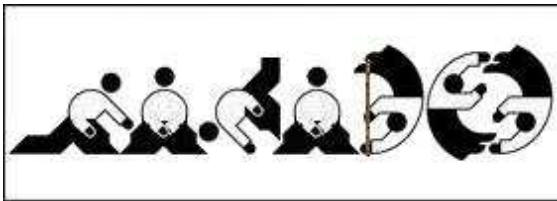
But for those of us who think they look cool -  
see Page 4!

## EDITOR'S NOTE

By Christine Earl

2007 is here! We have a couple of great articles this month. From Jaimie Sheppard we have some thoughts on the new year and what Aikido means to you. Kevin Love provides a humorous look at the not so funny side of Aikido injuries. And I found a great set of instructions on folding hakama which I've been practicing at every opportunity! Thanks everyone! .

Please help us to keep the newsletter going by offering thoughts, experiences, book reviews, training tips, whatever you want to contribute! Don't worry if you can't write, Jon and I would be happy to edit for you!



## **New Year Greetings!**

**By Jaimie Sheppard**

2007, and just what will you do with it? Our newsletter editors have offered me a “paragraph” to wish you all a happy New Year. Sorry! This a big paragraph.

Something inspiring would be good. Perhaps a famous saying which will inspire and demonstrate great wisdom? How about a long winded piece that Christine will have to jam in without upsetting me or the other contributors? Something pithy which will make you want to follow your new years resolution! Did you make one? If you could actually succeed with ONE goal for the year just what would it be?

Where I work we receive a newsletter with a message from the boss and several other sub bosses. To boot there is another letter jammed in from the mayor. All these letters are filled with happy smiley comments like “May the next year be just wonderful”, or “May you and your family enjoy a very happy, rich and fulfilling new year!”

I don't know where these people live but it seems to me, they live a fairytale book. It must be a part of London which is a land of milk and honey, a place where you can live happily ever after. In that land there are no downs, only ups (i.e. taxes!). If 2007 doesn't quite turn out so good then there will be 2008! Well I have been around for quite a few of these letters and lived the years that followed them. I am only just beginning to find that happiness is not as dependent on the ups but more on how I handle the downs.

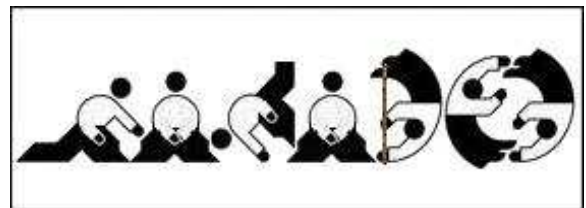
Pushing aside the real world and pretending everything is just peachy makes us “sitting ducks”. “Bad things” are part of reality. We suffer from the illusion that all we need to do is work harder, buy more things and play harder. “Get busy”, “get going”, “get fit”, “get rich,” “Do what you have to do” in order to get what you want or what your family thinks it “needs” to be truly happy! Trying to do this however defeats happiness altogether.

This is why statistically WE Canadians, who have more stuff than ever before, are no where near as

happy as Canadians in the past. Statistics also show that people who live in impoverished 3rd world countries are happier than many Canadians!

As a person who studies Aikido you should be aware that it is a martial art which has a strong spiritual element. With that hint, I am afraid it is you who will have to find what your resolution should be. To be truly happy requires that you focus all of your body, spirit and mind. In short your Kamae must be honed so that you will realize the maximum benefit with the least amount of confusion and effort! Have you heard something like this before?

Don't take my word as final on the matter. Try it out for yourself. This is where the spiritual element of the equation comes into play, and the realization that trial and error involves the effort of training! Aikido may help you write out a draft of your New Years resolution. Losing weight or “getting fit” is only a very small piece of what your resolution might encompass. Finding new ways to understand just what Aikido offers you in how you look at and live your life is (in my opinion) a goal worth pursuing!



## **Just say Stop!**

**(Confessions of an Aiki-Doh!-ka)**

**by Kevin Love**

I recently sustained an injury during training, naturally stimulating some reflection on what I did or didn't do that contributed to the accident. By an injury, I mean something that has kept me off the mat for some time, not those aches and pains we all get from time to time (more about those later!). As I pondered my situation between changing ice packs I came to realize that there were several layers to the cause of the accident.

On the surface, I hurt myself because I tried to execute an 'impossible' manoeuvre to get out of 'trouble'. From the lamentable results, I learned 3 things:

1. Even though we are the same age, I am not from the same gene pool as Jackie Chan.

2. Never try a new, untried movement in a moment of high stress/challenge, i.e., when you are being thrown!
3. Never try a manoeuvre that is against the principles of Aikido (or physics, for that matter.)!

So why did I do it? Ah, the second layer is revealed. I 'freaked out' in a moment of fear. As my partner was gathering me up to throw me, I was 'captured' in an awkward, unanticipated body position, somewhat different than was 'normal' for that technique. My mind was screaming, "This doesn't feel right, I don't know what to do and it's going to hurt!" My body tensed and my momentarily panicked mind propelled me towards desperation.

In hindsight, if I had relaxed and taken the normal breakfall, despite a somewhat awkward entry, I probably would have been OK; in other words, I could have trusted in my training. However, another possible course of action has since occurred to me:

I could have just said "Stop!"

We are in a training situation when we take class and don't always have the answers and responses to the vulnerable situations that we find ourselves in. The beautiful part is that most of the time we can 'freeze frame' the situation for analysis (by saying "Stop!") and ask questions to discover the best courses of action. We need not take a fall at all costs. And while this option is not always available (e.g. in 'hajime' training or kakari geiko), it could be used when practicing with a single partner.

The third layer is a little more subtle: As a musician, I rely on my hands for my living, and in the back of my mind I have been harbouring a fear that I may be injured in such a way that would prevent me, at least temporarily, from working at my chosen vocation. This fear has been festering away 'back-brain' and may have contributed to creating the very situation I had been dreading. In other words, fear is powerful and can attract the very experience that we hope to avoid. This is the universe's way of giving us what we ask for and demonstrating the creative power of our thoughts and actions. "That which we put our attention on will grow". And so perhaps I drew the experience into my life. Since I am not anxious for another accident, hence my reflections, which I share with you in the hope that they may be helpful to you in some way. Certainly not to 'frighten' you (we have a very safe dojo), or to suggest that you are harbouring any secret

fears, or to get everyone in the dojo to be shouting "Stop!" all the time!

This story has a happy ending: my shoulder is healing nicely and although I missed a couple of days of work, the sky didn't fall. I know what to do in the future, and hey, I got a good story out of it!

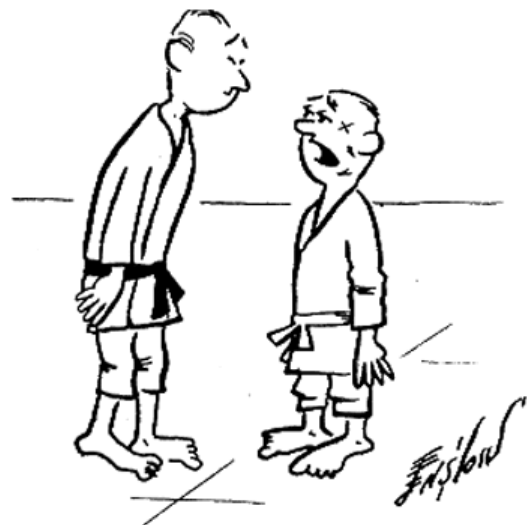
So, about those other 'aches and pains' that I mentioned earlier; here are a few things to consider that may help you keep them to a minimum:

Warm up and stretch. We get a good one at the beginning of class (You may, like me, have a few special bits that need extra attention; do this before class.) but since we are in a hurry to put away the mats, we often neglect a post-workout stretch, perhaps more important than at the beginning. Take a few minutes to stretch after the mats are put away, or do a thorough stretch when you get home. The idea is to do it while your muscles are still warm.

Stay relaxed. Difficult sometimes I know, but as you can see from the story above, it can save you some grief.

Respect your Uke. Your Uke, by cooperating to help you learn the technique, often places him/herself in a state of vulnerability. You can thank them by being judicious and gradual with the application of force, giving them time to tap or enjoy a good stretch.

And if you have to, just say "Stop!"  
Kevin "Pass the Tylenol" Love



"Have you got any throws that don't hurt?"



# HAKAMA FOLDING



LONG BAND

SHORT BAND



MADE BY JOHN SCHERPENZEEL