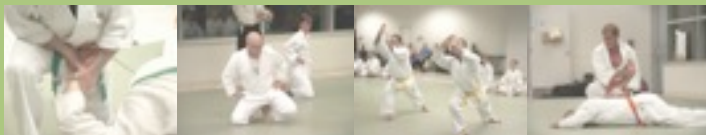


Aiki Budo Centre Newsletter



October 2, 2011 Volume 1

Testing tips from Sensei!

See testing as an opportunity rather than as an obstacle. With each successive test students improve the way they express their technique. Rather than focusing on how uncomfortable you feel, become more comfortable with more practice.



Autumn is in the air! Leaves are beginning to fall. Speaking of falling how do you fall? A new student (PUC) approached me after a recent class and shared a personal

incident. My class had ended with how we handle ukemi in aikido. Much of ukemi is reflected in our attitude. Is falling seen as failure, or rather is it seen as part of the technique? Shite and Uke are engaged in a blending of energy. We often concentrate our attention on Shite, the doer of the technique. Uke who receives the technique is often viewed as secondary. Shite and Uke are equals. A good Uke converts their fall into something that will help them redistribute the energy safely. This involves knowing when and how to slap the tatami, knowing how to roll, and ways of using what looks like a fall into getting back up on two feet. Many students love being thrown by a proficient shite as they can feel both sides of the technique simply by receiving it! After my little talk the new student told me they had been chastised at work for not completing an

assignment. The student had brought this feeling of failure to aikido class. After a full class working on ukemi and my little pep talk about transforming what looks like falling into something positive, the new student told me that they now felt better able to handle what had occurred at work. Remember we all fall in life. We can transform a fall into getting back on our own two feet. Some of us do not see ukemi as falling at all! Ukemi is a technique that is "green technology!" Effective ukemi redirects what might be seen as a negative force into a positive outcome.



Your posture or kamae reflects who you are!

Not too stiff, not too relaxed! A mix of alertness, balance, and centeredness. It should feel good!

Cleanliness in Aikido

A very important part of our training is cleanliness. Washing hands and feet are part of the etiquette that is required when working with others in “tight” situations. Just prior to and immediately after training ends all practitioners need to wash their hands. A dirty Gi is also not pleasant thing to saddle up against during a technique. Normally aikido involves breathing as part of the movement. Having to hold your breath to avoid smelling your partner is not part of “ki” exercises. “Blending” with our partner should not mean having to store our wet gis in plastic bags till next class! When you get home after class remove your Gi from its bag and hang it up to dry. There is no need to store your sweaty Gi in a gym bag which you forget in the trunk of your car until the next class. Two or more people holding their breath may be funny but it is definitely not part of the program. That being said, strong perfumes and soaps can also be distracting and can affect others who have allergies. Keep nice and bad odours to a minimum!

Uniforms

The Aiki Budo Centre recycles belts and uniforms! Yes, unlike other martial art clubs, we have a program in place that recycles used belts and uniforms. Many of our children aikidoka for example exchange their uniforms when they outgrow them for larger uniforms at minimal cost. Belts

that are no longer being worn after being awarded new brighter colours are best reused by students of lower rank rather than taking up space for a few years in dresser drawers! Worn out and torn uniforms are a training hazard. They are dangerous as fingers and toes get caught in loose fabric. In addition your uniform is just that...a uniform that says you are a martial artist, not a scarecrow! Your uniform need not be new, but it should be kept clean with regular washing and any tears or torn seams repaired. A stitch in time saves nine! Drying your gi by hanging it outside in the sun will help whiten it. Never place it in the drier at high heat or use bleach if at all possible.

What is your question, comment or story?

If you have an interesting comment or question please pass it along so it can be placed in our newsletter. We have a tatami full of experts who will take a crack at answering your question. If you have an example where you employed aikido off the mat or witnessed someone else employ aikido principles please let us know. Examples we can share will make our aikido practice stronger. We can take a physical aikido technique and use a similar principle to deal with others using not only our body but our speech and our mind!

Do you have a photo you can share? If you have a photo you took during class or elsewhere that shows your better side please share it with us. If you have a photo of your aikido chums engaged in activities off the mat...please also share those with us as well! Members in our club who have significant others also on the mat... may have photos or stories they can use to advantage! Future newsletters will have a section devoted to classifieds. There you will be able to list personal items for sale, like bicycles, clothing and other “do dads!” Send us your photos, articles, comments and classified items by email for inclusion in the next newsletter.

Aiki-Doh!-ka the book written by Sempai Kevin Love and illustrated by Sensei Oaker can be purchased as an e book. This book is a must have. It will help you remember the various terms used in Aikido. Kevin has done this by using humor mixed with Jon's power to create caricatures. Purchasing this book not only supports Kevin and Jon's next book it will help you discover humor as a training aid! Visit: www.weloveaikido.com



SHICHIROTANI SENSEI



Aikido Master Daikichi Shichirovani visits London Ontario. During the second week of September 2011, Aikido Master Daikichi Shichirovani visited London Ontario. As part of his tour of Southwestern Ontario, he conducted a class in London. Pictured above is Sensei Ishihara Sensei trying to off balance Shichirovani Shihan by pushing on his head while Sensei Jaimie watches. Apparently someone overheard Sensei Jaimie whisper: "I wouldn't do that if I were you!"

Shichirovani Shihan was a direct student of Morihei Ueshiba, the founder of Aikido. He was accompanied by translator Mr. Hiromi Yano and photographer Bill Roberts. Sensei Derek Taylor of Aikido Seishenden was the seminars host. Shichirovani Shihan is a member and priest of Oomoto, a Shinto sect to which Ueshiba O Sensei belonged. Mr. Yano translated during the seminar. In addition Mr Yano is the Executive Director and Chief Researcher for Oomoto Peace Institute and he is a lecturer at Kyoto Gakuen University. Mr Roberts who was the official photographer has researched and written about Oomoto. Bill Roberts is thanked for these photos.

GOOD THINGS COME IN SMALL PACKAGES!



Joe discovers someone smaller and stronger than himself !



Above, Joe is engaged in a warm up exercise with Shichirovani Sensei. One of the purposes of this exercise is to keep one's weight below the tanden or navel. One needs to be relaxed and centered and a flexible shoulder helps for this to work. To the left is Ishihara Sensei with Shichirovani Shihan, as he had many occasions to be photographed as he was a favorite uke during the seminar!

Sensei Jaimie "touched" by Sensei Shichirovani Shihan!



Shichirovani Sensei has over five decades of Aikido training beneath his belt! Sensei Jaimie stated he felt fortunate to experience Sensei Shichirovani's technique. To be in contact with the founder via this seasoned teacher was a great experience. Although Aikido looks like a purely physical activity, sometime a strong spiritual feeling is experienced which is difficult to express in words.

2011 AMOS PARKER SHIHAN CLINIC.

On October 19th to 22nd 2011, the Seikeikan Dojo in Sacramento California is celebrating their 12th year anniversary. They are featuring Amos L. Parker Shihan and holding a series of clinics. Sensei Parker is a 9th Dan, and is the highest ranked non Japanese Yoshinkan instructor in the world. He spent 35 years in Japan studying under Yoshinkan Aikido's most senior instructor and co-founder, Terada Kiyoyuki Hanshi, 10th dan. Sensei Stephen Miranda is hosting the seminar at his dojo.

Senseis Jaimie and Steven are heading to California!

In order to keep up their personal training, Sensei Jaimie and Sensei Steve will be attending the clinic in California. If you invest in stocks you might want to check out airlines as an investment opportunity. As you may or may not know, airlines are now charging for each piece of luggage and for weight. Since Sensei Steve is a semi professional photographer he will be bringing several tons of photography equipment. The airline Jaimie and Steve are using will likely make a good financial last "quarter" thanks to Steve! Invest now!

Red Cross donations are tax deductible! Japan Red Cross relief efforts are still in need of our help. Please advise Sensei Jaimie if you make a donation! Canadian Red Cross will direct your donations to Japan relief effort.

Sensei Amos Parker Shihan

What is a Shihan? Basically a Shihan is a chief/master instructor.



Sensei Parker Shihan received his "expert license certification" from his teacher, Kiyoyuki Terada Hanshi (Grand Master), 10th dan. Roughly equivalent to the title of "master", it is a title used to designate top instructors. This title is awarded based on an individuals knowledge and ability in the study of a particular martial art. This title is much more difficult to achieve than Dan grades and is not automatically assigned with the Dan rank achieved. Here is a recent photograph of Sensei Amos Parker Shihan (dressed in hakama) flanked by Sensei Steven Chau (far left), Sensei

Jaimie Sheppard (far right) and Brent Robinson.(far out!)

Please promote our Community Club

Your help is appreciated in advertising our club. Flyers can be downloaded from the web site and posted on bulletin boards or given as a gift since the flyer contains free trial class coupons!