

NEWSLETTER

Our Senseis go surfing!

Steve and Jaimie catch a wave during their trip to California!



Notice how Sensei Jaimie keeps his centre of gravity low (posterior close to the board!) while Sensei Chau stands up a little higher. Sensei Chau said he was trying to see where the large fin they saw circling earlier might now be. Sensei Jaimie said that all he needed to see after sighting

that dark fin, was that he did not fall first. Good ukemi always involves timing! 5th dans only fall after 4th dans because 4th dans are tastier! Both our Senseis made it to shore after a little helicopter ride. (see next page).

Peregrine Falcon

Renown for speed, their dives can reach speeds in excess of 325 km/hr. The Peregrine is the mascot and emblem used by Yoshinkan Aikido. London Ontario is not only famous for it's Community Yoshinkan Aikido club (Aiki Budo Centre) but also for its Peregrine Falcons which live and nest on the ledge of TD Canada Trust Tower. This is the building where Sensei Gruninger works! Here it is looking in at Sensei Greg!



AIKI BUDO CENTRE AT CARLING HGTS OPTIMIST COMMUNITY CENTRE SINCE 1996!

Carling Heights Optimist Community Centre (CHOCC) was formerly the Recreation Centre for the army base. The Carling Heights Optimists and several other community groups like the Aiki Budo Centre Community Aikido club became partners when CHOCC first



opened its doors. The Carling Optimists were the main sponsors however the Aiki Budo Centre has donated tables, chairs, television sets, sound systems and coat racks to this facility. The Aiki Budo Centre Aikido club is now the only remaining original partner, being the longest standing tenant since in 1996!

SENSEI STEVE AND JAIMIE GO FOR A HELICOPTER RIDE !



During “free time” between the training days in California, Sensei Steve talked Sensei Jaimie into spending some exciting time at the beach. Steve coaxed Jaimie into trying surfing. While surfing Steve sighted large “fins” circling their boards. Sensei Jaimie ordered Steve to veer away via the crests of several large waves. At this time of year outboard currents sometimes present a problem to novice surfers. After hours of swimming Steve and Jaimie received a free helicopter ride back to shore provided by the California Search and Rescue Coastguard!

Before that could happen however Sensei Parker provided much more excitement than that day at the beach! Our two Senseis later spent all the rest of their free time between classes laying just off the edge of the tatami moaning and groaning about sore muscles and others aches and pains. Tylenol anyone?



SEIKEIKAN Members pose with Sensei Amos Parker Sbihan.

Once back at the seminar, Sensei Jaimie stated Sensei Steve was going to need allot of pain killers. Payback was required for the huge swim to avoid the “fins”.

If you would like to join our traveling Sensei’s please let them know! You will need plenty of medications, bandages and “other pain relief” i.e. beverages. Students who have ideas like Sensei Steve’s surfing need not apply.

Q: How many Aikido students does it take to screw in a light bulb?
 A: one but the light bulb must initiate the attack.

SEIKEIKAN AIKIDO YOSHINKAN SACRAMENTO.

THE STATE OF CALIFORNIA is ON THE SEIKEIKANS CREST

Club named by Kiyoyuki Terada Hanshi 10th dan.

Adult fee is 63\$ per month. Classes Tuesday, Thursdays 630-730pm and Saturdays 830-930am



Located in the City of Orangevale in North East Sacramento County, the club is situated in a facility like CHOCC

Sierra Nevada Mountains are viewable from Orangevale

SEIKEIKAN means: “the house located in steep walled valleys with holy and pure water streams where many Budoka and Wise persons with Nobless Oblige meet each other”



YOSHINKAN MEANS CULTIVATING THE AIKIDO SPIRIT SCHOOL

Kiyoyuki Terada Hanshi was the first person awarded the rank of 10th dan in Yoshinkan Aikido in 2008. He left us on July 13th 2009 but his techniques will live forever.

LONDON WAS SETTLED IN 1801

London's downtown is situated at the fork of the Thames river. The Thames river has two branches that meet at this "fork". It was here that Lieutenant Governor John Graves Simcoe selected London as being the future capital of Upper Canada in 1793. As a result he gave this fork, the British capitals name of London! The War of 1812 however tossed a wrench into the works! A small battle that occurred farther downstream near reservoir hill with U.S. forces resulted in London changing from a capital to a "settlement".

London is now one of Ontario's largest cities with a population of 489,274. London's role as a military centre however continued into the 20th century and was a prominent training centre. Canadian soldiers for both world wars trained here. The RCR (Royal Canadian Regiment) museum is located near CHOCC where we train. If you have an opportunity to visit it, it is one of the most extensive museums of its kind in Canada.

Sensei Jaimie served in the Royal Canadian Regiment as an infantry officer. One of our members Arthur Majoor is a sergeant currently serving in this regiment.



YASUHISA SHIODA,

Kancho, is the third son of Soke (founder) Gozo Shioda. He heads the All Japan Yoshinkan Federation and the International Yoshinkan Federation. He runs these organizations from the main training hall or dojo (Honbu) in Shinjuku Tokyo. A university graduate of economics he lived and taught in England for three years. He has authored several books on Aikido and travels throughout the world. He visited London Ontario recently and conducted a training seminar here!

Yasuhisa Shioda Sensei was born in 1952 in Tokyo. He began his training in 1964 under his father and other senior honbu teachers. He taught aikido in England for three years and was also involved in training the Japanese riot police. His leadership duties are to be commended as he acts on behalf of all Yoshinkan Aikido both in and outside of Japan. Thank you Kancho!

USE OF FORCE , RIOT AND DEFENSIVE TACTICS INSTRUCTOR



Sensei Jaimie completed several intensive instructor courses which lasted several months. Defensive Tactics, Firearms, Use of Force and Public Order (Riot) courses. He then taught recruit and advanced police training to over 2000 police officers for over 2 1/2 years. Certified by the Province of Ontario he served as a supervisor in riot squads in Ottawa, Toronto, Hamilton, London and at Caledonia. He has taught aikido since 1996.

SENSEI CHAU AND SHEPPARD VISITED YOSEMITE NATIONAL PARK



During their time in California one of the only good ideas Sensei Steven Chau had, was to go and visit Yosemite National park. This park is USA's first park. This park has groves of giant trees. The park, was set out by the proclamation and order of President Abraham Lincoln. Steve and Jaimie walked to the Merced grove which contains numerous trees large enough to drive through! Most of these trees are well over 2000 years old!

Steve took a multitude of photographs. They met a forestry technician who was burning brush under the roots of the giant trees. This prevents a buildup up of tinder which could catch fire and hurt the grove. The large trees, called Sequoias are a type of Redwood. They drop large cones

which oddly enough must meet fire in order to produce new trees! These cones open when exposed to the heat of fire and then disperse their seed pods. Fire therefore is part of nature. The technician stated his job was to burn the fallen leaves and brush to prevent fires from becoming too large which could hurt the Sequoias. He stated he came to work in the park 31 years ago, just for a summer job. He fell in love with the park and its mountainous trees. He married, raised a family and lives in a small town nearby. His office carpeting is the forest floor and his desk is the odd fallen tree. No phones though!

The oldest sequoia tree is believed to be over 3500 years old! The tallest sequoia tree is over 311 feet or 95 meters. Many sequoia trees have individual names!

Steve: How can you tell if this tree is a dogwood?

Jaimie: By its bark!

YOSEMITE PARK FALLS IS THE HIGHEST WATER FALL IN NORTH AMERICA



NATURE IS A REFLECTED IN AIKIDO

O'Sensei stated: "Budo is not a means of felling an opponent by force or by lethal weapons. Neither is it intended to lead the world to destruction by arms and other illegitimate means. True Budo calls for bringing the inner energy of the universe in order, protecting the peace of the world as well as preserving everything in nature in its right form."



LOVE GUITAR QUARTET



November 19th at 8pm, Bishop Cronyn Church !

The Love Guitar Quartet combines the talents of Suzanne Frank, Paul Kramer, Kevin Love and Bill Nediger. The four are performers, teachers, composers and recording artists. The quartet debuted at Aeolian Hall in November, 2008 and plays only two or three times a year because of individual schedules.

KEVIN LOVE

Kevin Love has performed as a classical guitarist from Los Angeles to Quebec City. He received his musical training at a Los Angeles College and the University of Southern California. Awards include the Ensemble Award from U.S.C., a Music Faculty Scholarship and first place in the L.A.V.C. Classical Guitar Association competition. Kevin maintains a thriving teaching practice and is an award winning published composer having composed for film and television! He is one of the Aiki Budo Centre's senior black belts! Read his

humorous book titled: Aiki-Doh!ka: an aikido lexicon.

JANFERIE STONE SENSEI

Another one of our senior members runs an aikikai dojo in California. We are fortunate to have Sensei Janferie Stone train with us regularly while she visits and cares for her mother here in London.



Janferie Stone is a published anthropologist who has her doctorate in Native American Studies. The U.S. may have "snow birds" who migrate from Canada but we at the Aiki Budo Centre have "sunbirds" from the south like Sensei Stone and Sensei Love!



Calendar

November 19,2011 - 8pm. The Love Guitar Quartet featuring our black belt member Kevin Love.

At Bishop Cronyn Memorial Church, 442 William St @ Queens Ave

Saturday December 3 - 915am till noon. The Aiki Budo Centre Annual Children's Christmas Party

Carling Hgts Community Centre. Pot luck, games, music, fun and every child under 12 receives a gift from Santa Claus (wearing a red Gi and black belt!)

December 22nd last class for 2011

First class for 2012 on Tue Jan 3rd !

Contributors

SENSEI JME



Not interested in monkey business, he is always looking for "appealing" stories. Besides, if you banana

know anything, chimp an zec.

SENSEI RUMOR



Sensei Rumor told me she had

just set her hair . I lost consciousness after stating "and what time does it go off!"

SENSEI BEDHEAD



He researches self defense techniques

like the art of "playing dead" or sticking your head under the covers into the pillow.