

January 2012

YOSHINKAN
AIKI BUDO CENTRE



AIKIDO
LONDON ONTARIO



HAPPY NEW YEAR (OSHOGATSU) TO ALL!

Oshogatsu or New Year, is a very special time in Japan. People return to their ancestral homes and spend time with their families. On behalf of all instructors at the Aiki Budo Centre, I wish you a healthy 2012!

The program of instruction at the Aiki Budo Centre is founded upon a four-fold philosophy inspired by the teachings of O'Sensei, Morihei Ueshiba.

1. Learning or "sharpening our sword" is an ongoing process that has no end. Ultimately there is neither student nor teacher.

2. This process of mutual growth and mutual respect is grounded in the teachings of non-ego and emptiness.

3. Transforming our mind and body comes about when we

understand that aikido involves embracing change. Our behaviour and attitude requires continued practice of the art, off as well as on the mat.

4. We accept that regular aikido practice is a way to purify ourselves and move away from greed, hatred and delusion.

Aiki Budo Centre's mission is to provide exceptional aikido training following the Yoshinkan tradition as animated by Kiyoyuki Terada Sensei.



Nenga-jo or sending Japanese New Year Post Cards is an important custom. Here Sensei Steve and Greg are working on theirs using Japanese brushes!

KAMAKURA



At top is Sensei Chau beside the large bronze Buddha in Kamakura Japan. In 1498 a giant tsunami wave took away the hall leaving only the statue.

Kamakura, was the former capital of Japan. Sensei Greg stands beside the Akabashi or red arched bridge used exclusively by the shogun when he went to the Tsutugaoka Hachiman-gu shrine.

While in Kamakura city, Sensei Chau, Sensei Gruningerg and myself trained at the Tsurugaoka Hachiman-gū shrine.

The shrine was built in 1063 and was dedicated to the main kami or spirit of warriors. The shrine was built with Feng Shui in mind. Geographical location and orientation were taken into account for each building on the site. This site contains many ponds, tori (shinto gates), bridges, museums, small and large shrines, pavilions, gardens, as well as a training centre where Yabusame (archery from horseback) and kyudo (Japanese archery) and of course Aikido are practiced.

We were fortunate to participate in misogi (purification) ceremonies as well as a ritual shinto blessing prior to our aikido training. Pictured below are

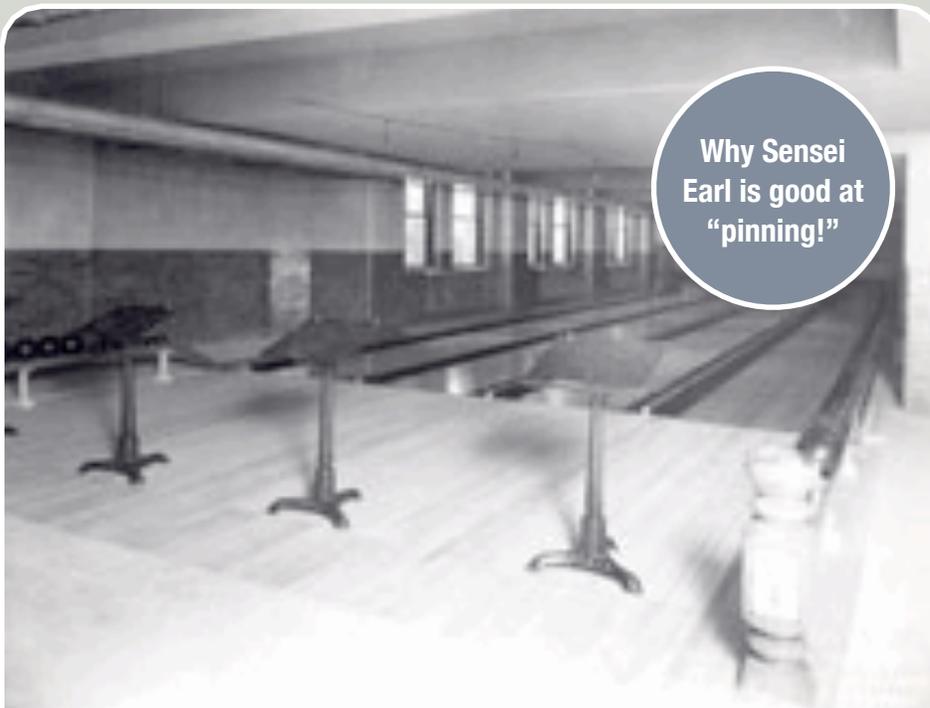
Sensei Chau and Sensei Greg (note Greg's T shirt) as they are about to "Enter the Dragon" so to speak! Unfortunately I did not get a picture of Steve and Greg when they picked up a hot Hibachi BBQ with their forearms as part of the training! Next time you see them ask to see their scars (made in Japan.)



Congratulations to Sensei Earl who has just retired from London Life!

Sensei Earl is a founding member of the Aiki Budo Centre. She began her martial art training in London under Sensei Bates, Seiger and Ilic. Despite a hectic career and raising a daughter she managed to dedicate many long hours to Aikido training. At London Life, Christine was a Consulting Systems Analyst. She has been involved in training many London Life employees in the Information Technology sector. Her excellent communication and motivational skills were honed over 30 years working for London Life. A consulting specialist for London Life, Sensei Earl has provided training and consulting to London Life and its sister companies across Canada and Europe (UK and Ireland). Sister companies are Great-West Life,

Canada Life, Investors Group and Mackenzie Financial. London Life occupies a special place in the history of London for more than 130 years. Its headquarters is based just south of Victoria Park, and is the large building lit up in blue at night. London Life is the premier financial security provider in Canada. Individual and group insurance, retirement savings, investment plans, and mortgages are some of the services it provides. Founded in 1874, it is best known for its Freedom 55 slogan! From time to time tours are available in this historic building located at 255 Dufferin Avenue. Check out photos where Christine worked at: <http://www.londonlife.com/002/Home/CorporateInformation/CompanyOverview/EarlyYears/index.htm>



Why Sensei Earl is good at "pinning!"

Bowling alley for employees in basement of new head office

SENSEI EARL



Sensei Earl has a keen interest in weapons forms or kata.

Sensei Earl has studied Aikido weapons in depth and a kenjitsu ryu or style taught formerly at the University of Waterloo. Pictured to the far left is a bowling alley which was in the London Life bldg pictured above.



Shihonage
 Shihonage or four direction throw encompasses "sword cuts" in any of the four directions, backwards, forward, sideways and of course anywhere uke is most off balanced!



In your practice, attention to keeping both feet flat on the mat generates power!

Our lives present numerous obstacles. Often we think that direct opposition is the answer to overcoming challenges. If you consider that the person, place or thing, is not an obstacle but an rather opportunity to practice aikido, you can remain grounded! An example might be when your boss wants you to do something you would rather not do! For the boss this might reflect his or her need to assert power over others. If grounded, you can redirect energy to the task at hand rather than loose energy by way

Move with grace but flow with power !

of frustration. You can direct your action to achieving results a little closer to your ideal! Being grounded you can use wisdom. Why become embroiled in an argument? You will likely still end up with the unpleasant task, and have to do it the bosses way or the highway! The actual "highway" is to use aikido. Aikido teaches us techniques that off balance, allowing us to effect some control. Your self defence or peace of mind can be polished by using physical aikido techniques mentally off the mat!

CONTROL OF SELF NOT OTHERS	POSTURE	BLENDING	FLEXIBILITY	FOCUS
	<p>Reflects who you are! During your day take note of how your posture affects you and others!</p>	<p>Harmony People who work on blending cultivate understanding of others, a must for leading an "opponent".</p>	<p>Cant get no satisfaction? Your life gets better when you realize its not just about you. Feel the flow and then use it as your flow!"</p>	<p>Focus your body and your mind. No one makes you angry, sad or happy for that matter. Your emotions depend on your focus.</p>

WHAT WE THINK WE BECOME

O'Sensei stated: "A good stance and posture reflect a proper state of mind"

O'Sensei stated that aikido training also included a type of activity whereby one really looks intensely at things. This in fact is a type of meditation called analytical meditation. Being able to look at things calmly, clearly, and from as many aspects as possible open up our consciousness. O'sensei stated "Study how water flows in a valley stream, smoothly and freely between the rocks. Also learn from holy books and wise people. Everything - even mountains, rivers plants and trees - should be your teacher."

Book Review

Sensei Matthew Knight purchased a great book just before Christmas. He brought it to the dojo and kindly loaned it to me. **The Heart of Aikido: The Philosophy of Takemusu Aikido by Morihei Ueshiba.** The book is a great read as the majority is devoted to the philosophy of the founder. Although it is directed towards the mental aspects of the founder I found

this, my favorite quote from the founder in the book: "...too much emphasis on the spiritual side is no good. **YOUR BODY IS THE TEMPLE OF THE SPIRIT, IT IS THE MEDIUM IN WHICH YOUR TRUE NATURE IS HOUSED. TAKE GOOD CARE OF IT.**" Yoshinkan Aikido is known for it's sparse philosophical comments and more for its emphasis on the physicality of technique. I heartedly recommend you read this book as it talks about the creative power of aikido. It has some comments that are not easy to understand unless you see it filtered through the physical practice of our art.

Do you get choked up easily?

Speaking of physical, many people think aikido is all throws and pins. Shimewaza is the Japanese term for "chokes" and "strangles". Sensei Terada had a healthy number of shimewaza in his repertoire . Shime



waza can render your opponent unconscious within a matter of seconds. Many think this is accomplished by cutting off air. Although some techniques focus on this, some techniques look to cut off the blood supply to the brain. The techniques that Terada Sensei shared with me appear to focus on cutting blood flow, even if breathing is restricted. Pictured above is Gyaku jujujime or reverse strangle. Shite needs to slide at least one hand deep into ukes collar before uke can react. Pressure is applied against the side of ukes neck cutting into the carotid artery using ukes own collar by gripping the jacket and pulling down!

Repetition is key # 2 !

Can you attend at least two classes a week? One class a week is primarily a maintenance routine. Two classes a week can produce big results over a period of one month!

Faculty / Instructors

- Jaimie Sheppard
- Stephen Chau
- Greg Gruninger
- Christine Earl
- Jon Oaker
- Hiro Ishihara
- Joe Sebastiao
- Matthew Knight
- Chris Wilson
- Kaitlyn Chau

AIKI BUDO CENTRE

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January

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Resolve to make your upcoming training year a good one by bringing your smile to class!

SENSEI CHAU

Practice takes patience. I tell the kids that if they want to be able to conquer their fears they need to keep working on aikido until it becomes second nature.

SENSEI GRUNINGER

Getting ready for an aikido test requires focus. Repetition is key and so coming to class to practice is essential. Make it part of your weekly routine.

SENSEI SHEPPARD

My favorite O'Sensei quote speaks about our practice; "Life is growth. If we stop growing, technically and spiritually, we are as good as dead!"