



# AIKI BUDO KIDS

Sept. 2002

## Aiki Budo North Kids Class Times

**Tuesday**  
6:15pm - 7:00pm

**Saturday**  
9:15am - 10:00am

## Aiki Budo North Instructors

Jaimie Sheppard  
Stephen Chau  
Greg Gruninger  
Paul Lepine  
Christine Earl  
Candice Lawrence  
Jon Oaker  
Therese Pickersgill

Want the latest info on; Class Cancellations, Photo's, Upcoming Clinics and more? Check out the Aiki Budo Club on the Web!  
[www.aikido.on.ca](http://www.aikido.on.ca)

Welcome to the first issue of Aiki Budo Kids!  
This quarterly Newsletter is about Aikido & the Aiki Budo North Kids!

So what will you find in here? Lots! Including; Word Searches, Aikido History, Dojo Etiquette, Test your knowledge on an Aikido quiz, Get notice of special events, Find out how you can make a difference in the Dojo, and read stories on how kids are using Aikido in their lives.

If you've got an idea, or story you think we should run...let us know! Just drop us an email at [cat.halloaker@sympatico.ca](mailto:cat.halloaker@sympatico.ca), or talk to either Sempai Oaker, or Cat Hall-Oaker at a kids class.

**"Aiki is not a technique to fight with, or to defeat the enemy. It is a way to reconcile the world, and make human beings one family."  
O'Sensei**



Have you ever wondered who is the gentleman in the picture on the wall at the front of the Dojo? And why do we bow to his picture at the beginning & end of class? Well, wonder no more, his name is Morihei Ueshiba (1882-1969) and he is the founder of Aikido. You will commonly hear him called O'Sensei, it means "Great Teacher".

## Aikido Quiz

(answer on bottom of page 2)

1. You say "Osu" often during your Aikido training. What does it mean?

- Thank You.
- I hear you.
- Be Patient.
- Oh Really?

# Word Search

## Aikido Quiz

(answer on bottom of page 2)

2. Why do we put the left knee down first when going into Seiza?

☯ 'Cos your right leg is strongest.

☯ That's the way the world is spinning.

☯ Why Not?

☯ That's the side your sword is on.

S	B	Z	M	K	I	A	I
S	E	M	P	A	I	O	Z
U	S	N	C	M	U	I	X
K	G	I	S	A	A	C	I
E	P	D	B	E	Z	H	M
U	S	O	F	K	I	I	E
S	P	J	S	E	E	Z	K
O	D	O	P	O	S	K	U

## Find these Aikido Words

(the words can be up, down, across, or diagonal)

Seiza

Osu

Dojo

Kamae

Uke

Sensei

Ukemi

Sempai

Gi

Ichi

Kiai

## "Im just a kid, how can I make a difference to the Dojo?"

We are glad you asked, because there are lots of ways for you to make a difference to the Aiki Budo Centre. See the suggestions below, and if you can think of more let us know so we can share them with everyone!

- ☞ Come in early before class & help set out the Mats (Tatami). To help our Mats last longer two people should be handling every Mat, (they shouldn't bend in the middle!). So, why not two kids on a Mat! Go for it!
- ☞ There is a swiffer mop thingie in the Mat room, how about giving the Mats a swiife (a swiff?), as they are being put out. Cleaner Mats means less of a wiff when your face is down on the Mat!
- ☞ Make sure the shoes, coats etc, are put away neatly before you come in the Dojo. Putting your shoes and other stuff neatly to the side of the doors is just as much a part of Dojo etiquette as bowing at the door.
- ☞ Bring your brain to class along with the rest of your body! Pay attention & concentrate! To sort of quote Sensei Jamie: "If you aren't really here on the Mat, then why are you here?"
- ☞ Put out chairs for the people watching to ...well...watch!
- ☞ Make sure your Gi is neat & tidy. That's part of respect for yourself & the Dojo, there were no sloppy Samurai!!!
- ☞ Help out other students in the class. If you see a new person having problems figuring out which body part to bend which way in the warm-up, help out by showing them how!

### Aikido Quiz Answers:

Question #1: Answer: 3. Be Patient. Patience is an important part of Aikido training. It's as important for the black belt as it is for the newcomer. With patience you learn: respect, self-discipline, & how to do a technique. So say "Osu" & practice patience!

Question #2: Answer: 4. That's the side your sword is on. Aikido is based on Japanese Samurai traditions, and would you believe all Samurai were right handed! At least that's where they wore their sword. So putting your left knee down means you can draw your sword fast without chopping off your own leg! Can you picture a 1 legged Samurai! Yikes!!!