



# AIKI BUDO KIDS

August - Sept 2007

## Aiki Budo North Kids Class Times

Advanced Kids Class  
by invitation only

Monday  
6:30pm - 7:15pm

Tuesday  
6:15pm - 7:00pm

Saturday  
9:15am - 10:00am

Aiki Budo North  
Childrens Program  
Instructors

Jaimie Sheppard  
(Dojo-cho)

Stephen Chau  
(Tuesday)

Jon Oaker

Want the latest  
info on; Class  
Cancellations,  
Photo's, Upcoming  
Clinics,  
Newsletters &  
more?  
Go to the Web  
site at:  
[www.aikido.on.ca](http://www.aikido.on.ca)  
email:  
[aikidoonca@hotmail](mailto:aikidoonca@hotmail.com)

## Editors Note

(Cat Hall-Oaker) email questions or submissions to [cat.halloaker@sympatico.ca](mailto:cat.halloaker@sympatico.ca)

Well, the summer is almost over and school is right around the corner! A few reminders:

☯ Dues are due! This 3 month billing period is underway, please turn in your payment and release form to Cat or Sensei Jon before the end of August. If you are going to be late with your payment please let us know.

☯ Have you washed your Feet today? The Mats are cleaned regularly by hand, but to help keep them clean please wash your feet before you leave home for class. Wiping your feet on the carpet before you step onto the Mat will also help us keep clean.

☯ Toes and Fingers - please keep your finger and toe nails clipped short. You have the potential to scratch the person you are working with so please check your nails regularly.

☯ Yard Sale - Our annual yard sale fundraiser for the dojo Holiday Celebration is coming up soon. Please save your stuff to donate to us and watch for the date of the yard sale to be announced in September.

☯ Its still only August but we are already working on the December Holiday Celebration. Aiki Santa provides gifts to dojo kids ages 12 and under, so please help us by ensuring we have your childs (and their siblings) birth dates. Check with Cat or Sensei Jon.

☯ Uniforms - Used Gi's are available from either Sensei Jon or Cat. We are trying to keep your Aikido expenses low by providing used Gi's at \$20. When your child outgrows their Gi, turn it into us and we will give you the next size up for \$5. The club does not make money on the sale of uniforms, our goal is to help your child stay in Aikido by keeping the expenses down as much as possible.

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

O'Sensei (Morihei Ueshiba (1882-1969) the founder of Aikido)

### Do you have what it takes to be a Black Belt?

The Aiki Budo Centre has quite a few Black belts, including two that came all the way up from the Kids program. Want to know how they got there? Simple, they brought the right attitude to class and made the most of their training time on the mat.

When you are training, keep in mind that the Sensei is there for one purpose, To Teach. You, as the student are also there for one purpose, To Learn. If you bring that attitude to class, you can go as far as you want to in your Aikido. If you don't bring that attitude, don't be surprised if you are asked to leave the mat, and make room for someone who came to class to learn.

How do you show the Sensei that you have the right attitude? Simple, when Sensei tells you to do a line of breakfalls, the proper response is to DO IT. Don't do 2 breakfalls, and walk the rest of the way. Work hard, come to every class ready to work, to train, and to listen to your instructors. You don't need to be good at Aikido to earn the Sensei's respect & attention, you just need to show them that you are giving it your best effort.

Not doing what is asked of you, or not trying to do your best  
is an insult to your Sensei and Aikido.

When Sensei calls your name to come up the front, RUN! Don't talk to the person beside you, don't stroll up to the front, give the Sensei your respect and show them that you are here and eager to learn. In the end you are in Aikido for yourself, and the Sensei's are here to help you learn Aikido. Use your time on the mat wisely, practice often, and you just may end up an Aikido Black belt one day.

### Aiki Budo BBQ/Picnic

Wow, what can we say?  
The weather was lovely and  
a wonderful time was had by  
all!

Thanks to everyone for  
your contributions to the  
BBQ/Picnic. Special thanks  
to Phil & Diane for all the  
hard work and \$ they  
contribute to make this  
event a success.

#### LOST

A burger flipper (Bottle  
opener on one end)

#### FOUND

Childs Hat

*(See Cat for Lost & Found)*

### Dojo Etiquette

Has it ever happened to you after a kids class that you are still in the dojo getting ready to leave when the adult class begins? Should you just ignore the Adult class and continue to get your stuff together and leave?

No!

It is very important that you show respect for the dojo when any class begins. If you are still in the club when the next class begins, you should stand silently and participate in the bow in ceremony.

The adult classes frequently do their warm-up silently as a way to focus their full attention on Aikido. Please respect this silence and after the bow gather your things quietly and leave the dojo. If you need to speak with a Sensei after class, wait until the bow is complete, and speak quietly!