



AIKI BUDO KIDS

Nov-Dec 2007

Aiki Budo North Kids Class Times

Monday
Advanced Kids
Class by Invitation
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
(Saturday)

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

Editors Note

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



Fall is here and Winter is coming up fast! We have a few reminders to share with everyone.

- ☯ **Aiki Holiday Celebration** - The dojo has a Pot Luck Holiday party coming up on Dec 8th 9:30-Noon. Aiki Santa provides gifts to dojo kids & their siblings, aged 12 and under. Please check with Cat or Sensei Jon to ensure we have your kids on the list.
- ☯ **Shoes** - Please line up your shoes/boots under the coat rack & out of the way of people walking into the dojo. This is not about us having a messy hallway, it is a potential Fire Hazard.
- ☯ **Wash your feet!** The mats are cleaned regularly by hand, to help us keep them clean please make sure your feet are washed & wipe them on the carpet before going on the mat.
- ☯ **Start of the next class** - If you are still in the dojo for the start of the Adult class after the kids class, please be respectful, stand quietly & bow with the Adults.

Dues Are Due & End of PUC Classes

The current 3 month payment schedule for Nov/Dec/Jan is due by the end of Nov. Please get your payment in promptly. We need these payments to book the rooms in CHOCC for classes.

The current PUC program ends on Nov 13th. Please consider joining the club directly, we run all year and only close when CHOCC is closed. The cost of joining the club is \$30/month/child, if you pay 3 months at a time. See Cat or Sensei Jon to sign up.

Family Plan - Ever watched your kids at class and thought you might want to try Aikido? The dojo has a Family Plan that covers unlimited number of family members for \$200/3months. If you have 2 kids on the mats that means you can try Aikido for \$20 more than you pay now. The Adult beginners classes directly follow the kids classes on Saturday (10-11am) and Tuesday (7-8pm).

Etiquette...Treat your Uke (Partner) Right

Picture this:

Somebody rushes at you, you quickly pivot & grab them as they fly past, you slam them to the mat, turn your back & walk away laughing about how dumb they looked flat on their face eating the mat...Sucker!

What do you think? Sound like a good way to treat your Uke?

NOT

In Aikido we lend each other our bodies to learn techniques. Aikido is about trust, you are learning stuff that hurts, and you trust your partner not to hurt you anymore than is necessary to learn the technique.

Getting up & dissing your partner by turning your back on them is pretty much the same as waving a red flag in front of a bull. You are saying, "Hey I'm cool, you're dirt, you are so low I don't even need to watch you". If we were still in the Samurai times, dissing someone that way would be a good way to get your head chopped off!

So, be polite on the mat, use Aikido Etiquette, face your partner & both of you get back up in Kamae after a technique. Be respectful of your partners body, neither of you should be trying to hurt each other. There is some pain involved in training, but this is all about **LEARNING** not **HURTING**.

If you aren't respectful of your partners, you may find yourself running out of people who are interested in being your Uke.



"It's okay, Hon. He made a perfect breakfall."

**"Aikido is Hard.
Hurting someone is Easy,
controlling them is Hard"**

**Sensei Jamie Sheppard
Dojo-Cho Aiki Budo Centre**

Aiki Budo Holiday Celebration

Dec 8th 9:30am-Noon

Once a year the Aiki Budo family takes a couple of hours to relax, enjoy each others company and munch some food.

This is a Pot Luck event, (the list will be posted in early December), for both the Adult & Kid members & is held instead of the regular Saturday morning classes. What goes on? Face-painting, Balloon Animals, Bunny Wars Arena, a huge Lego table, Crafts, Potatoe Head table, and more!

Aiki Santa will make his appearance giving gifts to Aiki kids, and their siblings, ages 12 & under. To ensure we have a gift for your child(ren) please check with Cat or Sensei Jon that your child is on the list.

Volunteers are always needed for set-up, clean-up, & craft table. So, come have some Aiki holiday fun!