



# AIKI BUDO KIDS

Feb-March 2008

## 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](http://www.aikido.on.ca)  
email:  
[aikidoonca@hotmail.com](mailto:aikidoonca@hotmail.com)

## Editors Note

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

- ☯ **Welcome to our new PUC members!** We are a friendly group, so if you have any questions just ask! Please consider joining the club after the PUC session ends. See Cat or Sensei Jon for more information.
- ☯ **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 after the kids class & the Adult class starts, please be respectful stand quietly & bow with the Adults.
- ☯ **Attendance list** - Do you sign in on the attendance list? If not it could delay your next test! Attendance is a factor in deciding when you are ready to test, if you don't cross off your name, we don't know you are here & we won't test you!

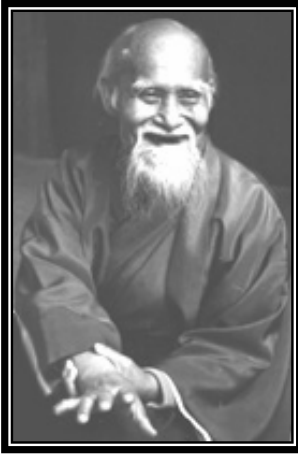
## Dues Are Due Now!

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

## Are Your Kids Having All The Fun?

Ever watched your kids at class and thought you might want to join in on the fun and 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 follow directly after the kids classes on Saturday (10-11am) and Tuesday (7-8pm). Talk to Sensei Jon or Cat for more details.



**"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

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

- Thank You.
- I hear you.
- Be Patient.
- Huh? What did you say?

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

- Because your right leg is usually strongest
- The world turns to the right, & so does Aikido
- Why Not?
- That's the side your sword is on.

### How can you help out the Dojo?

We are a club of volunteers who believe that Aikido can make positive changes in our lives.

Want to help? Here are some suggestions:

- If you arrive early, help put out chairs for the parents watching.
- Help other students during the warm-up. Remember how hard it was for you to figure out how to bend your hands & body?
- Put out the carpet for people to wipe their feet.
- Make sure the boot pile in front of the doors is tidy.
- Bring your brain to class along with the rest of you. As Sensei Jaimie says: If you aren't really "here" on the mat, then why are you here?
- Respect the instructors & volunteers, they are giving up their free time to help you.
- Don't Play, Practice before class starts. Impress the Sensei's with your dedication!

#### Aikido Quiz Answers:

Question #1 :Answer: 3. Be Patient. Patience is an important part of Aikido training. It is 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 (even if they weren't naturally). At least that's where they wore their sword. So, putting your left knee down first means you can draw your sword fast without chopping off your own leg! Can you picture a 1 legged Samurai! Yikes!!!