



# AIKI BUDO KIDS

Sept-

Oct 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  
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Clinics,  
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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 or more information.

**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!

## Aiki Budo Yard Sale - Sept 13th

The Aiki Budo Yard sale is coming up fast and we need your contributions to make this event a success. Please donate!

The money raised by the Yard Sale is used to cover the costs of our Annual Holiday blast in December. If you haven't attended the party in the past, this year-end celebration gives the whole club (adults and kids) a chance to enjoy a social get together. The club provides a present for all kid members, their siblings, & kids/grandkids of Adult members, ages 12 and under.

Drop off your stuff to Cat in the parking lot anytime after 8:30am on Sept 13<sup>th</sup>. Unfortunately, we do not have anywhere to store yard sale items before the day of the event.

This years Yard Sale will include Face-painting, Animal Balloons, and Tattoo's for sale! If you have any questions about the event, see Cat. Thanks for helping us have a terrific year-end party!

### 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).

Your kids are welcome to stay in the dojo after the adults class, many do now. But the Community Centre does ask that we do not have unattended kids roaming the hallways.

Talk to Sensei Jon or Cat for more details.

### Dojo Etiquette - What to do when leaving class

If you are still in the dojo when the Adult class begins, you should **stand silently and participate in the bow in ceremony.**

It is very important that you show respect for the dojo when **any class begins.**

The adult classes frequently do their warm-up **silently** as a way to focus their full attention on Aikido. As you can imagine that's pretty hard when all they can hear is the noise of 70+ kids & parents leaving.

Please respect the 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 then speak quietly!

Thanks for showing your Respect!

### A Short Aikido History

The principal of Aikido is not to resist the law of nature, but to harmonize without using physical strength. Aikido techniques are applied by using your own power together with your enemy's power. This means, no matter if you are strong or weak, big or small, male or female, young or old, you can do Aikido without having to be a top athlete. Aikido's history dates back to the Samurai era of Japan. The founder, Morihei Ueshiba (1882-1969) developed the system based on his lifetime study of combining technical skill and spirit.

The style of Aikido that the Aiki Budo Centre follows is call Yoshinkai. That translates to "Hall for Cultivating the Spirit". It concentrates on basic movements & techniques, many of which have self defense applications.

Yoshinkai Aikido is one of the Martial Arts that has been taught to the Tokyo Police. The Aikido home dojo - Yoshinkan Honbu, runs an annual 11-month intensive course called the Senshusci course, developed from the course used to train the Tokyo Metropolitan Riot Police.

The basic style of Aikido training is "practicing pre-arranged form (Kata)", in pairs (Shite and Uke). By training this way repeatedly, Aikido techniques are learned and the training is more practical for students. In Kata-style training there is no competition, with no feelings of winning or losing. You always train to improve yourself with a pure heart and a pure mind in harmony with your partner. This is one reason Aikido is called "The martial art of harmony".

Want more? Go to [www.yoshinkan.net](http://www.yoshinkan.net)