



# AIKI BUDO KIDS

Feb-Mar 2009

## Aiki Budo Kids Class Times

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**Monday**  
**Advanced Kids Class**  
**by Invitation**  
**6:30pm - 7:15pm**

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

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**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

- ☯ **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.
- ☯ **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.
- ☯ **Start of the next class** - Respecting the next class is important! 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.

## Weapons Available

Sensei Matt has a number of beautiful hand carved swords for sale. Including a short ultra light version in Pine, great for small kids. The Pine swords sell for \$15, the regular weight/adult size swords are also available for \$30. Sensei Matt is usually available before the Adult classes on Tuesday's & Saturday's, or ask Sensei Jon or Cat to have one ordered.

Please remember to put your initials on the sword or otherwise mark it as yours.

## Dues Period is Here!

The current 3 month payment schedule for Feb/Mar/April is due by the end of February. Sensei Jon distributes the forms in class, if you haven't received your form please see him or Cat.

Please get your payment in promptly. We need these payments to book the classes with CHOCC.

## Aikido & Other Martial Arts

Ever wonder how practical Aikido would be up against another Martial Art?

Well, Aikido isn't a competition, it's a partnership, where you both learn from each other as you learn the techniques.

But, if you want to see what happens when a Kick Boxer meets an Aikido Black belt, check out this clip on YouTube.

<http://www.youtube.com/watch?v=Bn59zha-uAQ>

## Aikido Quiz

Think you know your stuff? Try this quiz!

1. What type of Aikido do we practice?
2. What does "Ohayo gozaimasu" mean?
3. Which way should your sword point when you lay it down at the edge of the mat?
4. Tatami is a Japanese word for what?
5. "Rei" means what?
6. Aikido is based on Sword Techniques. True or False?
7. The Tokyo Riot Police in Japan learn Aikido. True or False?
8. Breakfalls are also known as what?

## Aikido on the Web

Are you looking for more info on Aikido and its techniques? Look no further than your local library, bookstore or the Web. Here are a list of books, websites, and even a blog about Aikido.

### Books:

- "Total Aikido, the Master Course" Author: Gozo Shioda - this is the Yoshinkan "bible". Gozo Shioda
- "Aikido and the Dynamic Sphere An Illustrated Introduction" Author: A. Westbrook & O. Ratti

### Websites:

- [www.aikido.on.ca/](http://www.aikido.on.ca/) This is the Aiki Budo home page
- [www.yoshinkan.net/indexE.html](http://www.yoshinkan.net/indexE.html) - Aikido Yoshinkan Home Page
- <http://aiki-extensions.org/> - This group works to extend the Aiki way across all borders - between body and mind, between persons, among disciplines, and among nations.
- [www.weloveaikido.com](http://www.weloveaikido.com) - This is the home Aiki-Doh!-ka, a figment of the twisted imaginations of Sempai Kevin Love and Sensei Jon Oaker.
- <http://www.youtube.com/watch?v=aicHsMC6rxM> - "Excellent Aikido Demonstration"
- <http://www.youtube.com/watch?v=MI4ViI6ofUM&feature=related> "Aikido Instructors Demonstration" This clip highlights the instructors at the Hombu Dojo (Aikido Yoshinkan Head Dojo)

Or try a search on YouTube for: "Yoshinkan Aikido"

### Blog:

Ever wonder what its like training for a Shodan (1<sup>st</sup> Degree) Black Belt test? Check out a blog from one of our Adult members Kevin Love who is doing that right now.

<http://www.weloveaikido.com/?m=200901>