



AIKI BUDO KIDS

Oct 2009

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 Centre Childrens Program Sensei/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](mailto:aikidoonca@hotmail.com)

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

- ☺ **Colour Comics Needed!** We need your colour comics to wrap presents for the year-end party. Help us have a 'green party', save your comics and drop off them off to Cat or Sensei Jon.
- ☺ **Flu season is here, Wash up!** Aikido involves lots of physical contact, so please make sure you wash your hands before going onto the mat.
- ☺ **13th Annual Aiki Budo Holiday Extravaganza Coming Soon.** Are your kids (ages 12 and under) signed up? See the article below, or Sensei Jon or Cat for more details.
- ☺ **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, perform the 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. Kids are responsible for signing in themselves, not their Parents!

13th Annual Aiki Budo Holiday Extravaganza

It's that time again folks, Party planning time. Every year the dojo holds a year-end party for both our Kids and Adults members to celebrate another successful year of Aikido in London. Would you believe this year will be our 13th party?

Our tradition is that the dojo provides a present for every child member, and their siblings, or Adult members children/grandchildren ages 12 and under. Please see Cat or Sensei Jon to ensure your children & their siblings are on the list..

The Party is a Pot Luck affair, held in place of Saturday classes and always needs volunteers for set-up and clean-up. The date of the Party will be announced closer to December.

Reduce, Reuse, Recycle

Author: Kevin Love.

Reprinted with permission from www.weloveaikido.com

Wednesday, September 2nd, 2009

Confessions of an Aikidoka

It occurred to me the other day that aikido is very 'green'.

If we follow the motto "Reduce, Reuse, Recycle", our aikido will also prove to be energy efficient and sustainable:

Reduce your effort by:

- ✓ learning to relax more...
- ✓ feel more and do less...
- ✓ keep your work in front of you, in your 'box'...
- ✓ continue to improve your *kamae*, and use your body in an integrated way...

Reuse (*Uke's!*) energy. This seems like a no-brainer since it is a fundamental principle of aikido, but there's always room for improvement:

- ✓ work on your timing and resist the urge to 'stop' *uke*...
- ✓ feel *uke's* balance and keep *uke* moving...
- ✓ keep moving yourself...

Recycle. No surprise here; this translates as:
Keito, keito, keito! (Practice, practice, practice!)

Osu!
Kevin

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). There are also adult classes on Monday and Wednesday's.

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

Talk to Sensei Jon or Cat for more details.

Yikes! What do I do when Sensei calls my name?

RUN!

Run around the line-up of people (towards the senior end), stop and bow to Sensei. Be ready for any technique request from Sensei. You are showing your respect for Sensei and your desire to learn by running up to the front quickly and quietly.