



Editor's Note

By Chris Earl

This month's newsletter is devoted to "Thankyou's" from the participants of the 2000 Yoshinkan Aikido Festival, news from some of our friends in Japan, and a special congratulations to our favourite senseis!

We need more contributions to the newsletter from club members! Deadline for the next newsletter is May 25th 2000. Submissions can be handwritten, on diskette as Microsoft Word or text file or you can email me at cearl@odyssey.on.ca

Bingo

Bingo's at Strathroy come up on a regular basis. We are always looking for volunteers. Funds raised from bingo's help to offset club costs and keep our monthly dues low. To volunteer please contact Larry Hackman.





What people have to say about the 2000 Yoshinkan Aikido Festival!

Terada-Sensei Seminar last weekend. I'm taking a moment to thank you (and your dojo) very much for offering this seminar. I came up from Southfield, Michigan with Herman Hurst Sensei and many experiences have amazed me this weekend. Especially how the needs of both the large group and the individual were catered to at the same time. Those of use from the Shiseikan Dojo (here in Michigan) who participated are still glowing with the energy and inspiration of a beautiful and successful weekend.

Once again . . . Thank You very much!

Sincerely,

Mike FEUTI

Shiseikan Dojo, Southfield Michigan

OSU!

Thank you so much.... Jamie, Ashley, and all the students of Aiki Budo Centre: Thank you so much for the wonderful opportunity you have given us with Terada Sensei and all the wonderful instructors. Thank you also for you and your student's hospitality and tremendous assistance during my stay, especially to Candice who helped with my transportation needs.

The Saturday get-together was also a wonderful opportunity to interact with everybody in a more relaxed and personal way. I hope to reciprocate your generosity in the future.

Osu!

Nelson Tan

Hi guys,

I'm sure that you still have your hands full but I wanted to take a

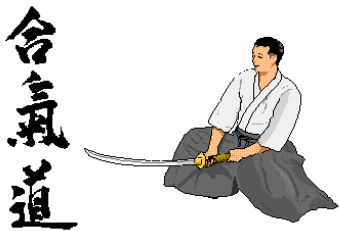
moment to say thanks for a great weekend. It was a pleasure training again with Terada Sensei, teaching and demonstrating as well as having a chance to spend some more time with Kenji Nakasawa and the Matsuo's (I'm not sure how to spell their names) I'm looking forward to seeing them all again soon.

Again, congrats!

Jim Jeannette

Dear Ashley and Jaimie, It was a wonderful opportunity to meet you and Jaimie at the 2000 Yoshinkan Aikido festival last weekend. It was a very impressive event with a large number of students coming from various locations throughout North America. Terada Sensei and his group must have enjoyed your hospitality, it seemed to me everyone enjoyed the Aikido training. A successful event! I would like to thank you for inviting me to participate in this event.. Please keep up the good effort for Aikido and I hope to see you again. Could to please send me a group picture when you have time. Thanks. **M. Karasawa**

Fantastic! This is the word that comes to mind to describe the 2000 Yoshinkan Aikido Festival last weekend in London ON. Congratulations to Ashley Hennessy Sensei and Jaimie Sheppard Sensei for an outstanding job of organizing such a colossal event! Key word organized! The hospitality, energy and kindness that you and your students presented to us was overwhelming! It was wonderful to see most of the top ranking Canadian Yoshinkan Aikido instructors all in one room interacting with each other and with students from white belt to black belt. Terada Shihan was amazing! With the help of Parker Shihan, Matsuo Shihan, C. Matsuo Sensei and Nakazawa Sensei we learned Aikido techniques I have never seen in my short 20 years of training in Yoshinkai Aikido. The techniques were executed the way they were originally taught to Terada Shihan. It was extremely interesting to see these techniques and the way they have evolved over the years. Terada Shihan is an extremely humble gentleman and possesses the true qualities of a Master! "Shoshin" is the only way to describe the feeling this gentleman left me with! Thank you Ash Sensei and Jaimie Sensei for a truly eye opening and rejuvenating experience! What's on for next year?

Mark Lemmon.**Aikido no seishin: Spirit (seishin) in Aikido**

By Andrew Darnell Student of Aikido

Sendai, Japan

Training in an art requires focus. But not only focus in the physical realm, but in the spiritual and mental aspect also. Japanese arts such as Ikebana (flower arrangement), shodo (calligraphy), sado (tea ceremony), and aikido all possess similar elements of focus and an extension of one's

mental and spiritual self. After experiencing both shodo and sado here in Japan, I realize how much detail and focus is required in such arts and a vibrant energy that is so simple, yet so complex. Aikido is one form of Budo (martial way), much like karate-do, kendo, kyudo (archery) are also martial ways. Why the change from a martial art to a martial way or martial form? Part of the spiritual training of a samurai involved the influence of Buddhist thought and philosophy. During peaceful times in Japan, samurai continued to be trained in arts of combat, but the influence of Buddhist belief made combative forms or martial arts (Bu-jutsu) into martial ways. Training of the spirit and the mind of a samurai was a very essential part of his training. Although, some may think that this may have softened the pure physical form of a martial form somewhat, the true essence of form starts from the mind and spirit. Without these essential core elements, there is no technique. Without aiki, or harmonizing spirit, there is no "do" or way. Aikido is a path in which energy, mind and spirit

are brought into harmony. This is why aikido is often referred to as a transcendental or moving meditation. After aikido training, my mind is relaxed and my spirit is calm. Take time to train not only in the physical technique of

aikido, but the spirit and mind. Aikido is a self venture and as such, a personal journey that can have rewards that make the tired and

aching muscles, bumps and bruises all the more worth it. Focus on your centre, breathe and return yourself to a complete, and spiritually and mentally intact individual. Make no haste and keep your focus. Start with kihon waza or basic technique. The most basic of techniques starts with proper breathing and focus on your centre, your inner spirit and mind.

Feel it. Focus. And most of all, have fun.



News from Steve Van Maanen!

Well I just finished training today. This is, without the slightest conceivable doubt, the absolutely TOUGHEST thing I have ever attempted. I mean I have done some tough things, but this takes the cake! Saturdays classes weren't so bad...they were tough but manageable. We did a whole lot of seiza (kneeling) and getting up from seiza....for a few hours.

On Monday we started in earnest. I had to leave the mats for a few minutes because my knees were gushing blood (they still are)...when I came back we

were doing Koho Ukemi. Ukemi is the art of falling. These were back breakfalls where you sit down...roll backwards..and then get back up....In my dojo we'd do 20 on a tough day (20 aren't so bad). Well we did 300 of them -- 3 -- freaking hundred.

I can't do 300 of them..but I cannot stop at the same time. I couldn't even stand up after 175 of them..but I had to keep going, and somehow I managed it. Well once I got through that, there were only around 4 training hours left in the day, and I was done in...Still no giving up, so we then proceeded into basic movements. Well, we did three of them for the rest of the day...that's nothing but into position..back to our stance..into position hold position until collapse etc.. And of course these are very, very low martial arts positions, weight over the front foot knees bent very far....extremely deep. Everyone's` legs were cramping up. We are allowed to fall over, but we must get back up immediately. Extremely painful, and exhausting.

Today training started immediately with 150 Koho Ukemi.. I managed to make it through them, but now we all are bleeding from our upper backs where they have been rubbed raw from continual abuse. The rest of the day was more basic movements, but it was not as intense as the day before. We had a kinder and gentler day today, but had this been my first day I would have thought it tough!

We got through most of the day with no real knee work so I thought I'd be okay knee wise..but right at the end we did knee walking...which is walking

while in seiza..and my knees gushed again....I know why they call this the land of the rising sun now. My DOGI pants have 2 rising suns at the knees where there are perfect circles of blood!

In our second class today Inoue Dojocho worked on Kamae with us. It was pretty amazing. He explained to us that the lower hand should have the index finger horizontal, while the upper hand should have the ring finger

horizontal. We also worked on Tai no henko ICHI and NI, and Hiriki Yosei Ichi and NI. We had a few Cramping and falling moments...maybe around 20 which was nothing to the previous day..but all in all it wasn't too Bad.

The last Class was done by Mutaka Sensei. He is now known in my mental books as Mutaka the merciful. We worked hard...but it was nothing compared to the rest of the course. Still we worked on Physical conditioning, and Tai No henko Ichi. We all really love this guy! Today I learned a whole bunch of good stuff, and that helps to endure the pain!

Just a note. The training is Brutal...but it is not pointlessly so. The continual low stances are helping to `soften` our knees. I was already able to apply that today in Kamae when someone would pull me. I used to be able resist a push quite well but a pull I found difficult. Well I can now resist a solid pull. I can do this by allowing my front knee to go forward. A direct application of what we are doing!! Already when we are doing repeated movements, I don't have it in my head `when is this going to end` because it seems like it never does.....just Ich..ni....ich....ni....ich...ni....ich...ni...seemingly forever...It is a

subtle change that just happened in how I view my training and I am trying to keep track of these things! Anyways I think I have rambled enough!

Love to all!, Steve

Hmm I wonder what day three has in store!

Class Schedule

Tuesday

6:15 - 7:00 Children Only

7:00 - 7:50 Beginners & 9th Kyu

7:55 - 9:00 8th, 7th and 6th Kyu

9:00 – 10:00 5th Kyu and above

Thursday

7:00 - 7:50 Beginners, 9th & 8th Kyu

7:55 - 9:00 8th – 5th Kyu

9:00 - 10:00 5th Kyu and above

Saturday

9:15 am - 9:55 am Children Only

10:00 am - 11:00 am Open Class

11:00 am - 12:00 noon Weapons Class