



Editor's Note

By Chris Earl

Thanks to Derek Bindner and Anthony Subject for articles this month.

Deadline for the next newsletter is September 9th 2000. Submissions can be handwritten, on diskette as Microsoft Word or text file or you can email me at cearl@odyssey.on.ca

Bingo

To volunteer for Bingo's in Strathroy please contact Larry Hackman. Funds raised offset club membership dues.

Mats

Remember to sign up for laying out mats before class. Signup sheet is on the mat room door.

Upcoming Events

Inoue Sensei, 9th Dan, Honbu Dojo will be in Georgetown Oct 13th, 14th, and 15th !

Next Test Dates

Adults: Thursday, Nov 9th

Children: Saturday, Oct 28th

Class Schedule

Tuesday

6:15 to 7:00 Children Only

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

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

9:00 – 10:00 5th Kyu and above

Thursday

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

7:55 to 9:00 8th – 5th Kyu

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

Saturday

9:15 am to 9:55 am Children Only

10:00 am to 11:00 am Open Class

11:00 am to 12:00 noon Weapons Class

Carling Heights Community Optimist Centre (entrance off McMahan St.)

"The Uniqueness of Aikido

Aikido is essentially a modern manifestation of the Japanese martial arts (*budo*). It is orthodox in that it inherits the spiritual and martial traditions of ancient Japan, first recorded in the eight century literary and historical works, *Kojiki* (Record of Ancient Matters) and *Nihongi* (Chronicle of Japan). This does not mean that aikido blindly carries on the tradition of the ancient fighting arts, merely preserving and maintaining its original form in the modern world.

The ancient fighting arts are a historical and cultural legacy originating on the battlefield in periods of civil strife and later formalized as *budo*, the Way of martial arts, in the Tokugawa period (1603-1868). They need to be properly assessed and appreciated. In their original form they are unacceptable to people today and are out of place in the modern world, which in the case of Japan begins with the Meiji Restoration (1868). "

Want to know more? Read **The Spirit of Aikido**, by **Kisshomaru Ueshiba**, published by Kodansha America, Inc. New York, NY



Satori: A Zen Concept

By Derek Bindner

Satori is the warrior's state of being. It occurs when the mind is free of thought, pure awareness. The body is active, sensitive, relaxed; and the emotions are open and free. You may experience Satori when someone attacks you with an edged weapon. In Aikido, we strive to focus all energy (full attention) and feeling on our actions. In doing so, we will achieve Satori. Practicing this draws you into the moment of truth when your life is on the line, like dueling samurai. It demands your full attention: Satori or die!

So, why don't we always practice Satori in our training? That is a question only you can answer. If we treat every exercise and technique in the satori manner, we will receive maximum benefit from training. Be aware of hand, foot and body movement when a technique is being demonstrated. Pay attention to detail! Focus! To be a true martial artist, we must not only train like this, but also live it everyday. The way to improve and move to the next level is to utilize this state of mindfulness. We should all come to class prepared to focus and give 100%.

One last thing, please listen to your instructor! Watch your instructor. Do what they ask. Do not modify the technique or change the movements. Instructors enjoy practicing Aikido and passing their knowledge along to others. Use this knowledge with respect; don't abuse it!



The Pain Body Story

by Anthony Subject

Injuries are part of life, especially in Aikido, as we all know. I have had my share of them and will continue to have more. The business I am in lends itself to pain and injuries. As a therapist, I witness injuries daily. I have come to realize that pain is a tool, to be used but not held on to. Injuries tell a story, believe it or not. Every injury tells me what I have unconsciously buried, so I have learned to listen to the body to assist me on my journey. On a daily basis, I see that pain can be an enemy or an ally. We can choose to perceive pain either way. Pain shifts and moves, it is a state of consciousness. I have found in my practice that when pain is acknowledged and awareness is brought forth, the pain relocates. It is truly fascinating. All of my life I had been getting injured and not listening to the pain. The irony is that in not listening, the injury would re-occur. I equate it to bumping my head against a wall. The freedom of this body awareness is now serving me well. I am not saying the pain will leave immediately because there is a lesson, but the chances of reoccurrence does decrease with awareness.

On a personal level I would like to speak of humility and it's importance for me in the practice of Aikido, of life. The injuries I spoke of, for me, have usually come from going further than my body is ready for. I would push my boundaries. Now this is a good thing for me, but in pushing these boundaries I must prepare to risk potential injury. The key is INTENTION!! If my intention is to show off (ego) I am bound at some point to injure myself, but if my intention is to learn (heart) then the risk of injury is totally irrelevant for I am clear on desire. Train to train!! Moment to moment. Humility is one of the greatest gifts I can give myself on the path of life, or Aikido.

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