



Editor's Note

By Chris Earl

Thanks to Ashley Hennessy and Paul Laxon for articles this month.

Deadline for the next newsletter is October 15th 2000. Submissions can be handwritten, on diskette as Microsoft Word or text file or you can email me at cearl@odyssey.on.ca

Mats

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

Upcoming Events

Terada Sensei, 9th Dan - special clinic for Aiki Budo Centre students, Saturday Sep 30th - Fee \$25.00

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.)



Recognize our friend Steve Van Maanen now training in Japan?



Technical Tips

from Sensei Ashley

Shikko Ho/Knee Walking:

Knee Walking #1: shortest form of knee walking. Shuffling and moving the legs without raising the knees off the ground. The knees move and remain at 90 degree arcs to each other at the end of the shuffle. The forward leg is always pointed in the direction you are traveling, up on your toes, resting on your heels. Feet touching throughout the movement. Minimize the movement upwards when coming up on your toes. Do not allow your head to rise too high. Keep it straight and focus towards the horizon. Do not look down at your knees.

Knee Walking #2: basic knee walking - most commonly used. The knee comes off the ground and moves forward similar to #1. All requirements for the #1 are carried over to the #2.

Knee Walking #3: Advanced form - covers greatest amount of ground. The forward knee steps out, and comes down on the foot, but the foot is not flat. The heel remains up, the ball of the foot down with the toes, the knee at a 90 degree or less angle. The forward knee moves downward, and the back leg sweeps in to make contact with the forward heel. All other conditions from #1 and #2 are applicable here.

Pushing off from the toes and back up: resting in position, similar to preparation for knee walking, push off with the feet and move the knees forward. This takes a great deal of energy and focus to do properly. Do not allow you head to rise too high. Keep the back straight.

Suwari Waza – Kneeling Techniques:

Practicing techniques from kneeling appears to be the most difficult aspect of Yoshinkan Aikido training. Part of

training in Yoshinkan Aikido is to focus on the technique at hand. I concentrate on each individual movement of the technique (where is my Kamae, how is my balance/posture, where are my hands, etc). Slow and methodical builds strong technique, fast and furious builds sloppy technique.

Many years ago I ruined my left knee, with the aid of surgical reconstruction I have a good range of motion in it now. Bearing this in mind, I will practice suwari waza techniques for as long as I can. Once the discomfort is too much to bear, I will stand up and relieve the pressure from my knee.

I have watched members who suffer from joint stiffness, painfully try to practice these same techniques to no avail. Trust me when you are feeling discomfort you are no longer concentrating on the technique but listening to your joints screaming at you. So stop, take a break, relax, start over.

Persevere, focus on completing the technique as best you can, don't give up. But please DO NOT hurt yourself needlessly. Listen to your body, it will tell you when something is not working properly.

Lastly, practicing Suwari Waza will definitely improve your Tachi Waza – Standing Techniques.

Remember, *“When you are in the room, BE in the room”*.

合氣道



Musings of a New Student

by Paul Laxon

I am not entirely new to Aikido, for the last year-and-a-half I have been an Aikido “voyeur” as a parent of two young Aikido enthusiasts. David and Christopher are currently working towards their orange belts in the children’s class (their four-year-old brother Jonathan has been bugging my wife and I on and off for the last year about joining them). I have always been intrigued by the martial arts, but I was reluctant to take the first step and go to a class to try it out.

I finally decided to join the Aikido class for several reasons. First, I was drawn to Aikido by its non-competitive nature. I wasn't interested in being able to attack someone else, and I wasn't interested in going to tournaments and coming home with the kinds of bumps and bruises that that entails (although, I did find out in my first class that Aikido is definitely not pain free—more on that later).

Second, I am a physics teacher, and am always interested in finding applications to talk about with my classes. Jearl Walker wrote an interesting article on the physics involved with martial arts (*Analyzing the Physics of Aikido*, Scientific American, July 1980), and Aikido seems especially suited for discussing levers, torque, inertia, momentum and centripetal force.

Finally, and most importantly, I watched how Sensei Jamie and Sensei Ash worked with the children's class, and how they managed to make it fun at the same time as allowing the kids to learn something. David and Christopher's interest in continuing to go to class has never wavered (in fact, one Saturday when my wife and I were tired and busy and suggested to the boys that we skip Aikido, Christopher informed us that he wouldn't be going anywhere with us that day unless we took him to class first). The enthusiastic help from other members of the adult class made it obvious that everyone enjoyed what they were doing—an essential component of any good class.

So, after finally finishing some other commitments I was ready to enter the world of martial arts.

It was a little strange that first class when I went from sitting on the other side of the door watching my kids, to taking off my shoes and stepping through the door as a student. In my first Aikido class that feeling of being an outsider lasted for the length of time it took me to step onto the mat. Derek and Paul were the first to introduce themselves (along with a few others whose names have escaped me at the moment, I'm still working on that) and Sean patiently showed me what I was supposed to be doing during warm-up ("Coat a guy what?"), and worked with me on a technique that I was actually somewhat successful on (in a slow and ungraceful way).

Near the end of class Sensei Ash informed the class that we were going to have a little "fun" with fourth control on the leg (hmmm, I wondered what first, second and third controls were?). Steve kindly showed me what fourth control was (I did eventually regain the use of my leg later that day), and I got to return the favour (well, he did eventually end up slapping his hand on the mat...). At least I learned not to be so quick to volunteer if Sensei Ash says he needs a volunteer to demonstrate something "fun."

Over the next few weeks everyone was very patient as I got the hang of the routine (my son Christopher even coached me in how to properly perform forward rolls without breaking my neck—I'm actually starting to enjoy them now). The senior students have been especially helpful (as in my second class: "Hi, my name is Derek, and I'll be your personal trainer, for the next hour"), and Sensei Ash's and Sensei Jamie's words of encouragement have made me realize that I am learning and improving with each class.

So, to everyone who has made this first month a very enjoyable one, arigato goziamashita.



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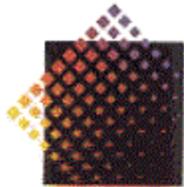
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ANTHONY SUBJECT
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167 Oxford Street West
London, Ontario N6H 1S3
Telephone: (519) 433-1716



Accell
GRAPHICS

Susan Butler

3551 White Oak Road
London, Ontario, Canada N6E 3A1
(519) 685-2711 • Fax (519) 685-7414
E-Mail: susan@accellgraphics.com
Web Site: www.accellgraphics.com

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