



Editor's Note

By Chris Earl

Thanks to Jim Howell and Andrew Darnel for articles this month, and to Ian Cowan for the website.

The December newsletter will be out in mid December as we have enough material for it now ...a first in the history of the Aiki Budo Newsletter!

Deadline for the January issue is January 15th 2001. 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

Children's Christmas Party – Saturday December 16th

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.)

Checkout www.aikidofaq.com for Aikido related facts, stories, humour and, of course, cartoons!





Shorthand for Aikido

By Jim Howell

In my studies, I have been encouraged by many people to keep notes of the new things I learn. One of my earliest recollections of Sensei Sheppard was of him taking notes after learning a new technique. At that time Sensei was able to draw stick figures adequately. I on the other hand can form neither a circle nor a straight line without a typewriter.

So I have struggled to find a type of shorthand that can detail a technique without resorting to laughable attempts at artwork. When considering how to fine-tune my note taking, I found the following concepts creeping into my guidelines.

1. Accurately record the thoughts that I wished to convey.
2. Able to use a standard keyboard.
3. Make the notations brief.
4. Have others be able to understand my notes.

Fortunately others have done much of the groundwork for me, when they graciously let me read their notes. Thanks!

So jumping right in, I too wish to encourage others to take notes. *Please keep notes.* With that out of the way, here's how I do it. I hope you find it of help. Starting with terms of reference. SH is, you guessed it, Shite. UK is, good you know this system, Uke.

G is Gyaku. A is Ai hanmi

M is Migi (right). H is Hidari (left).

R is Rotate around in a circle. T is Transpose, meaning to move or transport. Based on a

right-handed Cartesian coordinates system, the X, Y, and Z axis defines motion. The first line of motion or axis is the X-axis. Traveling from left to right increases the value of X. The Y-axis travels bottom to top increasing the value of Y. The Z-axis moves from back to front increasing the value of Z. As well as traveling along an X, Y, or Z-axis, it is possible to rotate around an axis. A forward roll is like rotating around the X-axis, by definition, in the positive direction. Spinning like a top, is rotating around the Y-axis, clockwise looking down being the positive direction. Falling over sideways and crushing your left ear between the floor and your head would, by definition, be a negative thing to. Now you have all the tools you need, but maybe some examples would help.

Shite and Uke in right kamae, becomes: SHMA. A description of the technique Mune Oshi Kotegashi Nage Ni becomes: SHHG, SH TY- hands, UK shuffle TZ+ M hand chest push, SHRY+95 H hand grabs UK M hand on top, SH H foot TZ- to M foot SHRY-95 kotegashi H foot TZ+ to deep stance, UK Z- basic back breakfall.

So for those who are graphically challenged, I hope this helps.



O-Bon Matsuri... living in Japan, another experience.

By Andrew Darnel Sendai, Japan

Although this article may seem a little unrelated to aikido directly, I thought I'd write a few thoughts about my own personal experiences of living in Japan. I began my aikido training in 1994, and now six years later, I'm still playing! In fact, it was aikido that stimulated my original interest in Japan. I had a thought before I came to Japan to only train in aikido as a full-time deshi or student. But now that I am here I am glad that I came to Japan to be a student not only of aikido, but also a student of language, culture, philosophy, history and everything else in between, because Japan really does have so much to offer. I have been living here now for a little over 1.5 years, and I have come to really appreciate a fantastic beauty and hospitality in this country.

The festivals (ma-tsu-ri) are incredibly interesting. Recently, I had the pleasure to enjoy the sights,

sounds and smells of a really charming little country matsuri with my Japanese friend in Yamagata prefecture. It was about two hours by bus from Sendai (currently my home) into the country-side, but upon my arrival, I was treated by my friend's family with the most delicious Japanese food including delicacies of fish, scallops, crab, vegetable dishes, rice, soups, and traditional dishes that you would never see in any North American Japanese restaurant. I had the chance to go with my friend to a small old jinja (shrine) where we gave prayer and enjoyed a small dish of sake. In the evening, the river that runs through this pristine little town was deluged with thousands of floating candle lanterns (Tou-rou Naga-shi). A traditional Shinto belief at this time of year is that the spirits return home. The lanterns represent the spirits that have come home. It is a very important religious holiday (O-bon) for the Japanese. They also had this beautiful fire works show (Hana-bi) and of course traditional dancing, games, music, taiko, flute and lots of matsuri food like taco-yaki (octopus), yaki-tori and yaki-soba, etc. Families, young and old alike, line the streets to watch a parade of Mikoshi (portable shrines) while young men and women chant in traditional jimbe or yukatta (traditional summer kimonos).

Later in the evening I drank lots of sake with my friend's family as they told me stories of Japan. As I later found out, my friend's grandfather was an 8th dan in Aikido and had come from a family of samurai. I did not get a chance to see the cherished family katana from those ancient times, but was told that they still carried it within the family. Following a traditional Japanese o-furo (bath) I returned to the living space to find a futon that was already laid out on a tatami floored room in this beautiful 100-year-old house. I woke up early the following morning to the smell of incense, and the sounds of bell chimes and the sliding of shoji doors (rice paper doors) and rustling sounds in the kitchen as they prepared breakfast before my departure.

This last weekend I trained hard in aikido at the military base with my sensei. We are now preparing our 2-minute jiyu-waza for Embukai in Tokyo that will take place on September 9th. I returned to Sendai after my training that day to the sounds of taiko drums in the train station. A free two hour performance of the taiko drum in the train station!! WOW!! I love the taiko. It is so powerful. Yesterday, I went to watch a free concert of Japanese traditional music with koto, shamisen and shakuhachi. It was really incredible. And now as the sweltering heat comes closer to an end, and soon the autumn leaves will turn colours, it will be time to enjoy the autumn harvest of rice and imonikai (autumn feast by the river) and of course, on-sen (hot springs).

If anyone decides to come to Japan, don't come for one week, and don't think only aikido. You can be guaranteed, without a doubt, to a hard training in Aikido, but if you come to Japan, stay for a while and soak in the culture, language and all the beauty that this country has to offer. Aikido seems to take on a whole new meaning to me now that I live in the country of its origin. Have fun, and I hope to see you soon!

Yoroshiku onegaishimasu. Osu.



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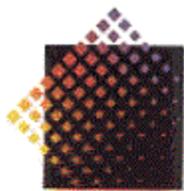
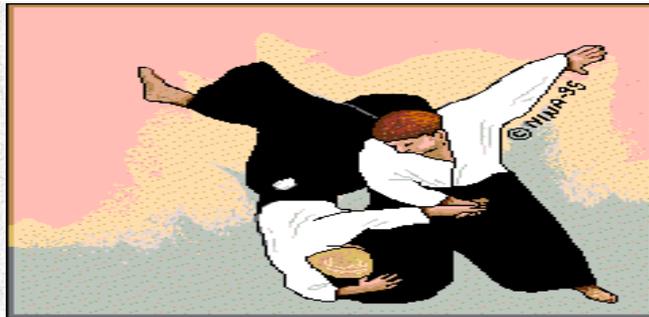
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