

SEASON'S GREETINGS FROM AIKI BUDO CENTRE!



Editor's Note

By Chris Earl

Thanks to Ian Cowan and Dave Sim for articles this month.

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

Next Test Dates

Adults: Thursday February 22th 2001

Children: Saturday February 24th, 2001

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.)





Cartoon courtesy of www.aikidofaq.com

Year End Class: Thursday December 21st – Winter Solstice Day!



Reflections from Inside and Empty Tea Cup By Ian Cowan

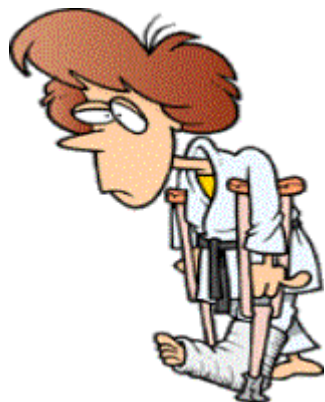
The Japanese believe that personal strength owes much to one's spiritual harmony; this sense of harmony in turn flowed from being at your "centre". Drinking tea from an empty cup was considered an exercise in finding your "wa" or centre and from there achieving harmony with your environment and thus developing strength.

So here am I. A brand spanking new aikidoka. Standing in my teacup looking out. Not looking in for tea, but out on the world of Aikido. Why am I here, why are you here? (How's that for a Zen kodan?) I came to the dojo as part of the PUC program. I am staying because I have found a path to personal development that is as daunting as it is encouraging. I am forced to accept that I have a personal ego that must be overcome if I am to be successful, and not just in the dojo.

Why encouraging? Well that's easy. The dojo is very welcoming and the sensei don't hit you with bamboo rods. Ha ha, just a joke! Why daunting? I never thought I'd learn how to, so gracefully and delicately, adjust someone's head on their shoulders!

My most interesting observation thus far: I have surfed the net many times and seen many sites. One of the most consistently surprising things I have noticed is that many senior aikidoka have more experience in other disciplines, often as much higher dans. Yet they have gravitated to Aikido (yoshinkan and other styles). What explains this drawing power? Why did they change their minds? What was it that they could not find elsewhere, that Aikido offered?

I'm going to ask around and maybe I'll find that recipe for tea from an empty cup. And in the process I hope I'll heal a few personal wounds. I wish my fellow students, senior and junior, much success on the path to their centres.



One on One with Parker Sensei

By Dave Sim

Wow, it is hard to believe that two and a half years have gone by since I first stepped on the tetami's at the Aiki Budo Centre. I have had the pleasure of training with many experienced, dedicated and giving Senseis. I include the founders of our club Ashley and Jaimie Sensei in this group of people.

One of the things I am most proud of about our Sensei is the continuing effort put forth to make sure we all have opportunities to forward our training by getting closer to the past. What I mean by this, are the occasions where we have had Terada Sensei and Parker Sensei sharing their wealth of experience with us all.

It was my privilege in early October to have a private class with Parker Sensei. For one and a half hours he instructed, corrected, demonstrated, corrected some more, and scratched his head in frustration with me. Showing me Yoshinkan Aikido as he learned it over 30 years ago and still practices with unwavering precision today. Also, performed in a way I hadn't ever seen before. It was a tough hour and a half and provided much amusement to Sensei Ashley as he observed my feeble attempts at basic movements that sounded the same as always when said, however where considerably different when performed. He was a pleasure to be trained by and a fair, but demanding instructor.

Anyone who wishes to practice Yoshinkan Aikido, as it was meant to be practiced, and hasn't taken or had the opportunity to be with Parker Sensei must make themselves available during his future journeys to our club.

I know have a life lasting memory to carry forward with me on my Yoshinkan Aikido journey.





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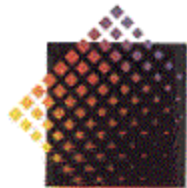
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