

Editor's Note

By Chris Earl

Thanks to Ashley Hennessy, Jaimie Sheppard, Doug Glover and Lisa Hillier (great poem Lisa) for newsletter content this month. Deadline for the February issue is February 15th 2001. Submissions can be handwritten, on diskette as Microsoft Word or text file or you can email me at cearl@odyssey.on.ca

Upcoming Events

The Chudokan Dojo and St. Clair College are hosting Terada Shihan, (9th Dan, the highest ranked Yoshinkai Aikido instructor in the world) Amos Parker Shihan (8th Dan from USA) and Matsuo Sensei (6th Dan from Japan) in Windsor, Ontario in April 2001.

Clinics are scheduled April 5th through the 8th at both the Chudokan dojo and St. Clair College. Most of the Aikido clinics will be taught by Terada Shihan

Next Test Dates

Adults: Thursday February 22th 2001

Children: Saturday February 24th, 2001



2000-The Year in Review by Ashley Hennessy

Here are some hi-lights from 2000, including Senior Yoshinkan Aikido Instructor visits, Aiki Budo Centre member development and personal observations:

Senior Yoshinkan Aikido Instructor visits: We were privileged to host Kiyoyuki Terada Sensei (Saiko Shihan), 9th Dan from Yokohama, Japan. The process started in 1999 on a whim and a simple comment to Amos Parker Sensei. Terada Sensei visited our dojo three times in the past year. This is unheard of as Terada Sensei had only visited one other dojo in North America in the past.

Terada Sensei is the co-Founder of Yoshinkan Aikido and most senior instructor in Yoshinkan Aikido in the world. He is the last living Yoshinkan Aikido instructor to have trained directly with Morihei Ueshiba (O-Sensei), the Founder of Aikido. During his visit he demonstrated numerous techniques that have never before been seen outside of Japan. We were also privileged to host Amos Parker Sensei, 8th dan. He is truly a great gentleman and expert instructor.

We also had one of the most senior Women Yoshinkan Aikido Instructors, (Chitzuko Matsuo Sensei, 5th dan) in the world join Terada Sensei during his visit. Matsuo Sensei is a petite, energetic instructor who dazzled us with her strong, effective technique.

Member development: The year was extremely rewarding as I watched members develop both their technique and confidence. Here are a couple of hi-lights that stick out:

1. Anthony Subject's 1st Kyu test - Outstanding.
2. Larry Hackman's 2nd Kyu test - second only to Anthony's 1st Kyu test.
3. The development and progress our Shodan's demonstrated. Greg, Christine and Steve started the year off as tentative new Black Belts. However by the end of the year each has become confident in their knowledge, expertise, have developed excellent technique and teaching

skills.

4. A number of members continue to raise the bar: Jim Howell, Dwayne Johnson and Doug Glover. Each is unassuming, trains hard and dedicate each class to improve their technique.

Personal Notes: A couple of funny things happened:

1. The look on Ian Cowan's face and the sounds coming from him, when he was training with Dwayne.
2. The green haired wonder - Chris Wilson. Yes, it happened Jan 2, 2001 but it was done for Dec 31/00.
3. The look of bewilderment on several members when they were leading the class in warm-ups for the first time.
4. The look on Dave Sim's face and the body language, when he was receiving a private lesson from Parker Sensei.
5. The look on Parker Sensei's face and body language, when he was giving a private lesson to Dave Sim.

A number of my personal biases and stereotypes were torn to shreds this year. Not having spent time with Terada Sensei or his members from Japan, I was amazed at their openness, close friendships and sense of humor. Terada Sensei is a gentle spirit and very frank individual. Who likes to laugh, tell jokes and share his knowledge. It was truly humbling to be around him.

I was in awe and quite nervous when I was invited to test under Terada Sensei during his visit in April/00. Further in awe when he presented me with the IYAF Sandan Certificate and Teaching Certificate from Japan. It was truly an honor.

I look back on 2000 as the year the Aiki Budo Centre matured and made its mark in the Yoshinkan Aikido world. This would not have been possible without the strong commitment from Sheppard Sensei and ALL the members.

Thank you so much for all your support and look forward to training with you all in 2001.

O ne gae shimasu. ASH



Bow Protocol

By Ashley Hennessy

In order to follow proper dojo protocol, we have instituted a change in the way the opening and closing bow is called.

There are 2 scenario's:

1. Regular class:

The most senior black belt will call out, "Ki O ske", followed by "Shomen Ni Rei". Then the most senior member (depending on the class, beginner, intermediate or advanced) will call out, "Sensei Ni Rei". The members say, "O Ne Gae Shimasu" (Please teach me).

At the end of the class, the most senior black belt will call out, "Shomen Ni Rei". Followed by the most senior student calling out, "Sensei Ni Rei".

For example, Intermediate class (8-9pm), Steve Turnbull as the most senior black belt will call out, "Ki O Ske" followed by "Shomen Ni Rei". The most senior member (for that class) Jim Howell will call out, "Sensei Ni Rei". At the end of class, Steve Turnbull will call out, "Shomen Ni Rei" , followed by Jim Howell calling out, "Sensei Ni Rei".

2. Visiting Instructor

The bowing callers are different to reflect the senior ranking of the visiting instructor.

Parker Sensei visit:

Sheppard Sensei will call out, "Ki O Ske", followed by "Shomen Ni Rei". Then the most senior member, me, will call out

"Sensei Ni Rei".

Class ends with Sheppard Sensei calling out, "Shomen Ni Rei" followed by the most senior member calling out, "Sensei Ni Rei".

FYI, in Japan this is the end of class there is no "Keiko Scherio". We have already bowed out.

A clear, proud confident calling the class to attention gets everyone in the proper frame of mind. The same goes for leading the class in warm-ups. You are picked to see how well you have prepared for class. Set the tone for an upbeat class, pump the class, build the level of energy, lift everyone's spirit and guaranteed you will see the results reflected back at you from the members!



New Dojo Location

Starting Tuesday April 3, 2001, we will be offering a Yoshinkan Aikido program at Earl Nicholls Community Centre in South London. Earl Nicholls Recreation Centre is located on Homeview (White Oaks Rd) and Southdale, behind Brian Finch car dealership, just East of Wharncliffe and Southdale.

The class times will be identical to those at Carling Heights. Our goal in opening the second location is to alleviate some of the congestion we are experiencing at Carling Heights and to expand the programs at both locations.

As far as our curriculum goes nothing will change, the program will be identical to Carling Heights. Sheppard Sensei will continue to teach at Carling Heights and Hennessy Sensei will teach at Earl Nicholls. From time-to-time we plan on holding joint classes with both groups getting together to train.

We are extremely excited at this opportunity!

"Zen" Quotes

passed on by **Doug Glover** – author unknown

1. Do not walk behind me, for I may not lead. Do not walk ahead of me, for I may not follow. Do not walk beside me, either; just #\$\$%^ off and leave me alone.
2. The journey of a thousand miles begins with a broken fan belt and a flat tire.
3. It's always darkest before dawn. So if you're going to steal your neighbor's newspaper, that's the time to do it.
4. Don't be irreplaceable; if you can't be replaced, you can't be promoted.
5. No one is listening until you make a mistake.
6. Always remember you're unique, just like everyone else.
7. Never test the depth of the water with both feet.
8. It may be that your sole purpose in life is simply to serve as a warning to others.
9. It is far more impressive when others discover your good qualities without your help.
10. If you think nobody cares if you're alive, try missing a couple of car payments.
11. Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.
12. If at first you don't succeed, skydiving is not for you.
13. Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat & drink beer all day.
14. If you lend someone \$20, and never see that person again, it was probably worth it.
15. Don't squat with your spurs on.
16. If you drink, don't park; accidents cause people.
17. Some days you are the bug, some days you are the windshield.

18. The quickest way to double your money is to fold it in half and put it back in your pocket.
19. Duct tape is like the force; it has a light side and a dark side, and it holds the universe together.



Kakari Geiko

By Lisa Hillier

Pain intolerable, intelligible;
Bones snapping, muscles tearing,
Tendons rippling apart.
We struggle to our feet
Ready for another start.
Gasping for air, begging for water
Pleading for another strike
We desire our discipline,
We acknowledge our pain.
"ONAJIKU, HAJIME"
And we do it again!

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.)



Congratulations to Steve Van Maanen on achieving Shodan!