



## Editor's Note

### By Chris Earl

Thanks to Steve Turnbull, and Doug Glover for newsletter content this month. The June issue will be available June 9<sup>th</sup>.

Deadline for the July issue is July 15<sup>th</sup> 2001. Submissions can be handwritten, on diskette as Microsoft Word or text file or you can email me at [cearl@odyssey.on.ca](mailto:cearl@odyssey.on.ca)

## Next Test Dates

### Earl Nicholls Arena

Adults: Thursday June 28<sup>th</sup>

Children: Saturday June 30<sup>th</sup>

### Carling Heights Arena

Adults: Thursday June 28<sup>th</sup>

Children: Saturday June 30<sup>th</sup>

## Class Schedule

### **Tuesday**

6:15 to 7:00 Children Only

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

7:55 to 9:00 8<sup>th</sup>, 7<sup>th</sup> and 6<sup>th</sup> Kyu

9:00 – 10:00 5<sup>th</sup> Kyu and above

### **Thursday**

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

7:55 to 9:00 8<sup>th</sup> – 5<sup>th</sup> Kyu

9:00 to 10:00 5<sup>th</sup> 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.) and  
Earl Nicholls Community Centre Homeview (white Oaks Road) and Southdale.***

## Discipline, Shugyo and Other Things

By: Steve Turnbull

Since before Roman times men and women have been enlisted into the military and forced to march for days learning to be soldiers. This basic training method is still used by the military today. One might argue that walking in bunches is not good practice for war. The truth is that the act of marching breaks down the "individual" and teaches that soldier to think as part of a unit. It teaches the soldier that following orders is paramount to survival. The US marines have a saying "Ours is not to question why. Ours is but to do or die".

When students first join a martial arts school there is a great deal of anxiety over not being able to "do" things. The classes start with the basic movements and because the student doesn't understand the application of the movements, they become disinterested, yearning to practice the "real" stuff i.e. all that fightin' and throwin'. The truth here is that the basic movements for the aikidoka are much like marching is to the soldier: specific (seemingly simple) movements are practiced over and over again, breaking down the "individual" parts of the body and teaching them to work as a bigger stronger unit. When the brain gives a command, the parts of the body are expected to move without question, "Ours is not to question why. Ours is but to do or die". There is only one time tested method for creating this kind of response: repetitious practice. A close friend of mine was my jiu-jitsu instructor for several years. He studied judo, jiu-jitsu and sambo from the Russians in his native Algeria where their training had an element of modern sport science. The Russian research had shown that it took at least 2000 repetitions before the body was even aware of how to execute a technique. We would often spend the first ¾ of the class repetitiously practicing techniques, without resistance. I always get a chuckle out of students in aikido class (almost always young men) trying to apply the basic techniques, they just learned, in some kind of self-defense situation. All the while not understanding that it is through repetitious training that they will develop the skills they want.

My advice to the students is, "If you have a question ask your Sensei first. If you still don't have an answer, don't ask the person eager to tell you how it is done; ask the person in the corner practicing by themselves. They are the ones on the shortest path to understanding the answer to your question. We are always too eager to prove what we know but it is the **disciplined** student that will take the time to work on the basics, thus improving. Discipline is the heart of any martial arts school. Discipline can be forced on students and the class will run smoothly but this will never discipline the spirit of the student: 'that' comes from within. A student can be instructed over and over again to fix their kamae and if the student doesn't have the discipline to correct it themselves, they will never understand what it is to be a martial artist.

The word "Shugyo" can be loosely translated from Japanese as "austere (severe) training". In Yoshinkan Aikido we often hear of dojos offering classes called "kenshu" (defined as sharpening the sword). Kenshu classes explore basic concepts and techniques over and over again. One of the many martial arts that I have been exposed to was a style of karate called Kyoukushinkai. Most Kyoukushinkai schools practice a form of training called "kangeiko" or winter training. Within the "kangeiko" the students are exposed to many forms of "shugyo". The common theme here is that martial arts often center around hardship. This does not imply that the student needs to be exposed to danger but challenges that explore the limits or boundaries that a person thinks they have. By pushing past those limitations we learn and grow.

Kancho Sensei was once quoted in a magazine article as having said "Today's aikido is so dimensionless. It's hollow, empty on the inside. People try to reach the highest levels without even paying their dues. That's why it seems so much like a dance these days. You have to master the very basics solidly, with your body, and then proceed to develop to the higher levels. Now we see nothing but copying or imitation without any grasp of the real thing...." I can safely say that under the guidance Parker Sensei we won't fall into this trap. There are enough instructors out there (that don't have a firm grasp of fundamentals) doing five on one jiyu waza demonstrations ...we won't add any more to the mix.

Continue to train hard!





### **If you ever have to take on a Romulan**

Exepts from, Star Trek: The Next Generation, *The Romulan Prize*, by Simon Hawke, Pocket Books, Toronto  
Submitted by Doug Glover

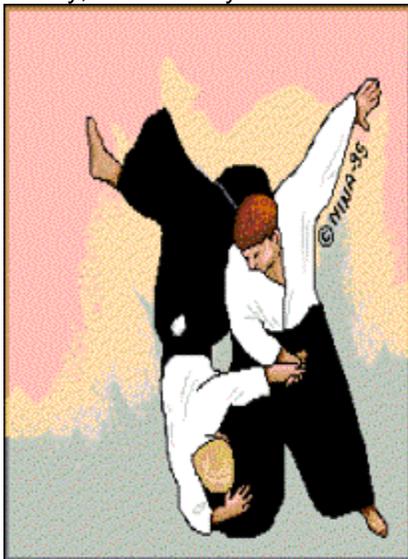
*Commander William Riker confronts a Romulan Officer named Korak.*

"There was nothing you could do. No human could ever be a match for a Romulan warrior in combat."  
Riker gave Korak a hard look. "Care to put your money where your mouth is?" ... "Are you seriously challenging me to physical combat?"

Data glanced at Riker. "Sir," he said, "with all due respect for your abilities, I feel that I really should point out that, according to all known studies, the average Romulan is physically far stronger than the average human of equal weight and size"..."Don't tell me what the odds are, Data"..."anytime you're ready," he said, watching Korak with a level gaze.

The Romulan snarled and charged him. Riker side-stepped quickly and used an Aikido move to snare Korak's wrist and turn him in a tight circle, using his own momentum to flip him over onto his back... Korak swung at him and Riker blocked the blow with his forearm, but the jarring force of it traveled all the way up into his shoulder... Korak came at him again. This time Ricker did not try to defend himself with Karate-style blocks. He resorted to Aikido..., using Korak's own strength against him....Korak roared and charged him once again. Riker met his rush, then sidestepped at the last moment and threw him once again...Korak screamed with rage and came at Riker again. He caught his forward momentum, using it to flip him over on his back once more. This time, how-ever, he retained his grip on Korak and turned him as he fell, using his arm as leverage against him and applying pressure..."Give it up," said Riker, "or I'll snap your arm."

Suddenly the doors...slid open...Three Romulan warriors came rushing in..."Release him!"...Riker smiled. "That was a timely rescue," he said...Riker bowed to them slightly...He had made Korak lose face before his own warriors. A minor victory, but a victory nonetheless.





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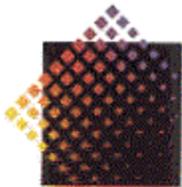
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