



Editor's Note

By Chris Earl

Thanks to Doug Glover for newsletter content this month! Congratulations Doug and Catherine!

Deadline for the November issue is October 20th 2001. Submissions can be handwritten, on diskette as Microsoft Word or text file or you can email me at cearl@odyssey.on.ca

Next Test Dates

Carling Heights

Adults: Thursday November 29th, 2001

Upcoming Events

Terada Shihan clinic at Sensei Hurst's dojo in Detroit **October 26th to 28th** There will be a **car pool** to this event. To signup see Sensei Jaimie!

The Waterdown Aikido Yoshinkai and the Seidokan dojo are pleased to be hosting a weekend with **Sensei Jacques Payet** on the weekend of November 2nd,

3rd, and 4th. Cost: \$25 per class, \$100 for the weekend. Location: Seidokan Dojo 42 Mill Street, Ontario.

Ando Tsuneo Shihan @ Seidokan Feb 22-24th 2002 Fees: Advanced registration \$30 per clinic, \$60 day (Sat/Sun) \$140 for weekend

Location: Seidokan Dojo, 42 Mill Street, Ontario.

Contact: 905-873-3080

or on the web at <http://www.HaltonHillsAikido.com>



A strange thing to find in a Martial Art.

By Doug Glover

I started studying Aikido about two and a half years ago. Only because my daughter had wanted to try the Kids Aikido PUC course, but couldn't because it was full. Her next idea was for me to take the Adult Aikido PUC course and teach her. It was a hard time for me and I think she also knew that I needed something to fill my life.

Her interest waned, but mine grew. I wanted to know more about Aikido as I took more classes, and went in search of books at the library. In an earlier newsletter I shared some "Selected Teachings of Morihei Ueshiba" from: *The Shambhala Guide to Aikido* by John Stevens (Shambhala Publications Inc., Boston, Massachusetts, 1996).

One teaching that I did not share, was his feeling that true Budo is universal love. Love does not fight. Love has no enemies. This was too strange an idea for me to accept. I could not understand how could you find love in a martial art. The Way of the Warrior was surely about finding enemies and overcoming them.

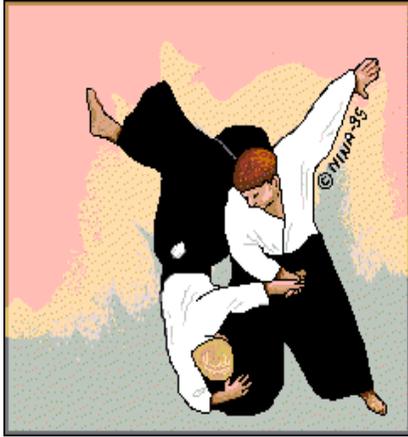
During one of my early classes, we had been practicing a technique when we were told to line up in seiza for further instruction. After the instruction was completed, the order to "find a partner quickly" was given. For some reason (maybe because they were younger) everyone else jumped up leaving Catherine and I still in seiza. She looked over to me and asked "Would you be my partner Doug?". I can still remember how nice that sounded.

Many of you have heard that after knowing Catherine for two years, I proposed on September 15th, and she said yes. My daughter was right. I needed something to fill my life. Aikido has helped me learn that Aikido partners and life partners are the same. We blend with each other, we share with each other, we learn from each other and we protect each other.

I am glad that I found Aikido.

I am glad that I found Catherine.

I am glad that I found love.



More on the Love theme from: <http://www.aikidofaq.com/songbook/index.html>

I love Aikido

sung to the tune of 'I love Rock and Roll', by Joan Jett

I saw him fallin' there in the Aikikai
I knew he had a real good ma-ai
The ukemi was very strong
Pract'cin' in the throng
An' I could tell it wouldn't be long
Till he was with me, yeah me, pract'cin'

I love Aikido
So give me another shomen-uchi, baby
I love Aikido
So come an' do another throw on me

He smiled so I got up and' asked for his name
That don't matter, he said,
'Cause it's all the same

Said I'll attack you hanmi-handachi now

An' next we were movin' on
He was with me, yeah me

Next we were movin' on
He was with me, yeah me, pract'cin'

I love Aikido
So give me another shomen-uchi, baby

I love Aikido
So come an' do another throw on me
Said I'll attack you hanmi-handachi now

An' we'll be movin' on
An' pract'cin' in the thron'
Yeah with me, pract'cin'

I love Aikido
So give me another shomen-uchi, baby
I love Aikido
So come an' do another throw on me



*Herbal Testimonies Tues @ 8, 9 & 10
Canada: 1-877-936-7424
U.S.A.: 1-800-896-7363*

David & T.L. Sim
Herbal Supplements & Income Ideas
London, Ontario

Tel: (519) 473-0144
Fax: (519) 473-0667

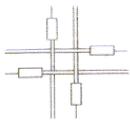
Toll Free (888) 262-3625
E-mail: based@home.com

ENRICH
INTERNATIONAL
THE ACHIEVERS GROUP
Independent Associates

LARRY HACKMAN
EXECUTIVE DIRECTOR

531 Sleightholme Ave., London, ON Canada N6G 1P5
Ph: (519) 657-5161 / Fax: 657-3525 / Pager: 675-8325

"ENRICHING LIVES ONE PERSON AT A TIME"



B. Patrick Chapman
Network and Computer solutions
At a reasonable price.

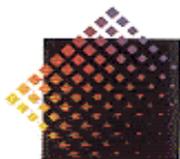
UNIX, Windows, Hardware, Networks, Training

107 Cecilia Ave., London, On., N5Y 3Z9
Phone: (519) 451-5427
Messages: (519) 455-2334
email: pchapman@iclocalnet.com

ANTHONY SUBJECT
REGISTERED MASSAGE THERAPIST



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



Accell
GRAPHICS

Susan Butler

3551 White Oak Road
London, Ontario, Canada N6E 2A1
(519) 685-2711 • Fax (519) 685-7414
E-Mail: susona@accellgraphics.com
Web Site: www.accellgraphics.com

ISO 9001

AWARD WINNING PRODUCTS SINCE 1985



Aikido definitions: from <http://www.aikidofaq.com/humor/index.html>

Aikido -- The art of unity with the ground

Aikido: The way of blending energy The aikidoka (one who practices aikido) attempts to become one with the mat by being thrown into it repeatedly in the hope that s/he will merge with the mat. This usually doesn't happen, so the process must be repeated. Frequently.

Ukemi: The art of blending with the mat--part of what aikidoka study.

Ukemi: the art of hurling yourself at the Earth for no good reason.

Slapping out: This is the sign of an unsuccessful blending with the mat. The aikidoka is so frustrated at not blending with the mat that s/he will hit the mat in a futile attempt to blend. It is futile because all aikidoka know that true blending with the mat only occurs at high speed.

Nage-waza: The art of helping others to blend with the mat--the other part of what aikidoka study.

Randori: mispronunciation of "runned away". This is the optimal method of blending with multiple attackers.

Atemi: What you use to convince uke that your aikido is strong enough to deal with their attack.

Shihans: Can't live with 'em; can't throw 'em.

Aiki Budo Centre North Carling Heights Community Optimist Centre entrance off McMahan St.		
Tuesday	6:15 p.m. to 6:55 p.m.	Children
	7:00 p.m. to 7:50 p.m.	Adults – Beginners and 9 th kyu
	7:55 p.m. to 9:00 p.m.	Adults – 8 th , 7 th , 6 th kyu
	9:00 p.m. to 10:00 p.m.	Adults – 5 th kyu and above

Thursday	7:00 p.m. to 7:50 p.m.	Adults – Beginners, 9 th and 8 th kyu
	7:55 p.m. to 9:00 p.m.	Adults – 8 th , 7 th , 6 th and 5 th kyu
	9:00 p.m. to 10:00 p.m.	Adults – 5 th kyu and above
Saturday	9:00 a.m. to 9:55 a.m.	Children
	10:00 a.m. to 11:00 a.m.	Adults – Open class
	11:00 a.m. to 12:00 noon	Adults - Weapons

Aiki Budo Centre South

**Extreme Martial Arts
2454 Main St., Lambeth, Ontario, Canada
Phone: (519) 652-9888**

Monday	8:00 p.m. to 9:00 p.m.	Adults
Tuesday	12:00 noon to 1:00 p.m.	Adults
	6:15 p.m. to 7:00 p.m.	Children
	7:00 p.m. to 8:00 p.m.	Adults
	8:00 p.m. to 9:00 p.m.	Adults
Wednesday	7:00 p.m. to 8:00 p.m.	Adults

Thursday	12:00 noon to 1:00 p.m.	Adults
	7:00 p.m. to 8:00 p.m.	Adults
	8:00 p.m. to 9:00 p.m.	Adults
Saturday	9:15 a.m. to 10:00 a.m.	Children
	12:00 noon to 1:00 p.m.	Adults