



### **Next Test Dates at Carling Heights**

Adults: Thursday March 28th, 2002 (no test in January)

### **Upcoming Events**

**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>

To submit articles, comments or reviews for this newsletter, send to [cearl@odyssey.on.ca](mailto:cearl@odyssey.on.ca)



**Aiki Budo Centre- Aikido London (North)** has some great new developments!

Sempai Steven Chau has taken over the responsibility of the youth/children's program. He is in charge of all youth curriculum. If you have any ideas or can offer some time to help please contact him. It is amazing how much you can learn in kids class! Sensei Jaimie will still be teaching many of the kids classes on Saturday. Sempai Chau will be teaching most Tuesday classes as well as the youth PUC program. He is in charge of test dates, grading criteria, the overall overseeing of the children's program.

Sempai Greg Gruninger is looking after the adult beginners and PUC programs. Most junior classes will be taught by Sempai Greg or Sempai Steve Chau. Sempai Greg will be arranging test dates when he feels juniors have achieved an adequate level of proficiency. He too requests help from intermediate and senior students especially with novice aikidoka!

Sempai Christine Earl is charged with the responsibility of weapons training in the club. As you know aikido is a martial art that is very dependent on having a training partner. Aiki weapons can improve empty hand techniques and can be practiced solo! Sempai Christine's Saturday morning buki classes will give you an opportunity to learn a weapons pattern that can be enjoyed when alone or away from a training partner!

We are looking at inviting Sensei Parker to come and visit us sometime in the coming year. You can help aikido grow in London by promoting the south and north dojo as often as you can! Please invite someone you know to a free trial class soon!

**Sensei Jaimie**

**Book of the Month**  
**From Paul Lepine**

Aikido Exercises for Teaching and Training  
by [C. M. Shifflett](#), [George Simcox](#)

If you only had one Aikido book this might be the one. Rather than hearing it from me, because I only dabble in reading in any event, check out the commentaries at Amazon.com. Secret -- this book makes a great gift. Tell your spouse, lover, mother or whomever.

**Book Description** from amazon.com

The exercises in this book can be adapted for any style of aikido and practiced alone or with a partner. The author explains the rationale behind the exercises and addresses common questions and concerns of students and teachers.

## **Techniques Corner: Weapons Kata**

### **Jo Tandoku—Kata Dai Ichi – from Paul Laxon**

1. Kamae (left) to shtomie (prepare for side thrust)
2. Shuffle front thrust to chest (1/4 turn of hips to hirakame)
3. Shuffle back to block (hands together on forehead, partway up jo, jo turned down to protect body)
4. Turn hips to front, rotate jo up, move left hand to bottom of jo
5. Raise jo so left hand on forehead
6. Cross-step front strike (to right stance)
7. Switch-stance to left, and simultaneously do circular front strike
8. Turn shtomie, switch left hand to front of jo (same grip) and look towards rear (weight still forward)
9. Shuffle back, with rear thrust to sternum
10. Shuffle forward to kamae bringing right hand to thigh and left hand in front.
11. Cross-step forward, swinging jo in horizontal arc to do waist strike (left hand pulls towards hip, right hand pushes jo away from your body; now in right stance)
12. Turn hips to rear (tenkan to left stance) and slide right hand to end of jo
13. Shuffle forward and face thrust (arms extended, hands both slide to end of jo)
14. Shuffle back to block (left hand slides to middle of jo, jo pointed down, left hand at forehead)
15. Left hand releases jo, cross-step forward (to right stance) as jo swung in diagonal arc using RH only
16. As jo swings up from bottom of arc, catch it in left hand (thumb closest to hip)
17. Cross-step (to left stance), pushing jo up in arc (aiming for armpit, or to block) until arms are fully extended above head
18. Move front foot back slightly, then forward, as jo is rotated in vertical arc ending in front thrust to chest
19. Shuffle back with hands at ends of jo, RH high, LH low, for block
20. Cross-step to right stance and do overhead front-strike (RH slides to middle of jo, thumb down, pushing down)
21. Look back over left shoulder, RH to end of jo, shuffle back thrust to chest (weight still forward)
22. Cross-step to left stance and waist strike
23. Right hand releases and switches grip; shuffle back and raise jo straight up from shoulder (left hand slides to bottom of jo, right hand is extended up, with jo, L elbow pointed forward)
24. Cross-step through (to right stance) and front strike
25. Switch-stance to left, and simultaneously do circular front strike
26. Turn hips to front (tenkan to right stance), raise jo above head, and shuffle front strike
27. Cross-step back, twirling jo in circle with RH (360° in front back plane); RH re-grips while LH grabs end of jo; turn shtomie, looking behind you, ready for rear thrust
28. Shuffle back and rear thrust to knee on right side (weight forward)
29. Continuing with motion of previous step, bring jo up so it is straight up from shoulder, left hand on end by chin, right hand around middle (thumb down), above head
30. Cross step to right stance, diagonal (yokumen) strike to head (right hand doesn't change grip)
31. Release jo with left hand, twirl around right hand (CW block), re-grab in middle with left hand, slide right hand to end of jo as you Cross-step back to left stance, and raise jo so that it is almost vertical, with left hand near chin, right a little above the head. (Jo would be 'pointing down'). Body should be shtomie.
32. Thrust forward. This will be a low strike to the knee, groin, or perhaps a fallen foe.
33. Release jo with right hand, twirl it around left (CCW block). Re-grab in the middle with right. Slide left hand down to end of jo, cross-step back to right stance, and raise, preparing for front strike.
34. Shuffle front strike
35. Switch stance to left, circular front strike
36. Kamae