



Next Test Dates at Carling Heights

Adults: Thursday March 28th, 2002.

To submit articles, comments or reviews for this newsletter, send to cearl@odyssey.on.ca

Armchair Aikido

From Paul Lepine

www.tantobeak.com

www.aikidojournal.com

www.furyu.com/links.html

www.seikokan.com

www.aiki.com

www.seikeikan.com

www.bodymindandmodem.com

www.chez.com/yoshinkai/fr/index.html

www.dansync.com/bodymind.htm www.aikido-world.com

www.yoshinkan-aikido.org

www.shinkikan.com

<http://come.to/chenghsin>



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

The Aiki Budo Uniform Shop

We want your used children's, (or small size) Gi's!

We are starting up a trade-in program for children's uniforms (Gi's), and we need your used Gi's to get it up and running. Our goal is to drive down the cost of having growing children in Aikido, by reducing the cost of the uniforms (Gi). The full details of the program are available in the flyer in this month's newsletter, but here are the basics; Trade in your used Gi for a larger size – cost \$5.00, Don't have a Gi to trade in? You can purchase a used Gi from us for \$20.00, Have a Gi to sell us? We'll buy your used Gi for \$15.00! Of course, new Gi's can also be purchased through us at cost - \$40.00.

So, if you have a used children's, (or small size) Gi, please consider donating it to help us get the trade in program started. Contact either Cindy or Cat to see if we can purchase your used Gi. Even if you have only a Gi top or Gi pants to donate, please do so, the larger selection of used Gi's we have the better. **We are also interested in obtaining white belts, for use by new kids before they have a uniform.** Any Gi's which are donated, or are part of the trade in program, will be thoroughly washed and repaired before they are available for trade-in or purchase.

Our intention is to run the trade in program as revenue neutral – we are not looking to either make, or cost the Dojo any money from the trade in program. For more information see the flyer in the March Newsletter. Thanks in advance for your support!

Cindy Rathwell (519) 494-2328 or email at: jcliffen@rogers.com
Cat Oaker (519) 451-5459 or email at: cat.halloaker@sympatico.ca

Beginning Something New

By Susan Butler

Starting something new can be very stressful, whether it is going to a new school, moving out of your parent's home, getting a new job or joining a martial arts club.

You have very mixed emotions. You wonder if you will make new friends, be successful or make yourself look foolish. But with all new adventures, there is a good chance that all of the above can happen. At school, moving into your first home, starting a new job, you will have some successes and some failures.

In martial arts these things will happen too. I have been doing Aikido for over three years now and there is not a week goes by that I don't think how lucky I am that I started coming to class. I have met some great friends, it's a great stress release, I have progressed to 4th kyu and with luck I will test for 3rd kyu soon.

Now, about the feeling foolish part! Has it happened to me? You bet. From the moment I walked into the dojo I felt incapable of doing the graceful techniques I saw being done. I thought there is no way I will ever be able to do that. Well, I guess I was wrong! I have been able to learn how to do it and will continue to learn. I have always felt welcome and at every class there is someone there to lend a helping hand.

I remember once when Sensei Parker was teaching and at the end of class, each rank had to get up and do the technique they had been practicing. Well I got up there and froze; I couldn't remember how to do 3rd control. Boy, did I feel foolish, and in front of Parker Sensei! I didn't want to show my face in class again, but there I was, working out at the next class.

So, for the beginners of the dojo, take heart, you will feel out of place because you can't do the techniques like everyone else. But you know what, we couldn't do the techniques at first either. It takes time to get good at anything, including martial arts. Keep up the good work and soon you will look down at your belt and it won't be white anymore... maybe black.



Books, Books, and More Books!

Do you have any gently used children's books? Please consider donating them to the Dojo for use in the Kids class. Our Sensei's use those books as positive reinforcements/rewards to help recognize those kids that go the extra mile in class. Please give your books to either Cindy Rathwell, Cat Oaker, or Jon Oaker.