



Aiki Budo Centre Newsletter

(September 2002)

Adult Class Times Aiki Budo North

Monday

6:30-8pm Adolescents 12 & Older with
Adult Participation.

Tuesday

7-8pm PUC/Beginners Class
8-9pm Intermediate Belt Levels
9-10pm Instructor Training

Wednesday

6:30-8pm Adults Open Class

Thursday

7-8pm Beginner Level Class
8-9pm Intermediate & Advanced
Level Class

Friday

Weapons Training To be announced

Saturday

10-11am Adults Open Class
11-12noon Weapons Training

Instructors

Jaime Sheppard	3rd Dan
Steven Chau	2nd Dan
Greg Gruninger	2nd Dan
Paul Lepine	1st Dan
Christine Earl	1st Dan
Candice Lawrence	1st Dan
Jon Oaker	1st Dan
Therese Pickersgill	1st Dan

*Class Cancellations, Photo's,
Upcoming Clinics and more...
Check us out on the Web!
www.aikido.on.ca*

合氣道養神館

Sensei Amos Parker Shihan

In London

September 19 – September 29

See page 4 for times and locations

EDITOR'S NOTE

(by Jon Oaker)

Ah, 'tis the season of lotsa stuff happening... The kiddies are safely back to school... summer vacations are gradually becoming a pleasant memory... Soon even little Bobby's adventure with the parking brake on the boat launch will start to become a fond reminiscence... time to welcome back some old familiar faces and welcome some new ones.

Big stuff is happening already! We have expanded our hours! The new schedule is just a tad to the left of this box thingie... It is of course understood that not everyone is going to be totally satisfied with just how we have assigned the times but this arrangement attempts to address our most pressing needs. However, nothing is carved in stone, let's try it out and give it a shot.

Secondly, Sensei Amos Parker is paying a visit to London. For those who have had the honour of training with him... 'nuff said. For those who haven't I urge you to do so, especially as the three London area dojos have made it so accessible. His schedule is listed on the back page.

Osu

Aikido is FAKE!

by Atsushi Takahashi

How many times has someone we know asked us “What’s Aikido?” So my experience was to say, “Here, let me show you. Grab my wrist.” Then the “demonstration” continues with “No, the other wrist. Oops. Wait. Can you do it again a bit slower and grab here, this time?” Well, that’s how it went for me. Maybe Aikido is fake after all. What good is a martial art if we have to tell our attacker what to do?

One of the techniques on my first Aikido test was katate kosatori kokyu nage. That is cross wrist grab, breath throw. Now, if there’s a fake throw on the books, that has got to be the ultimate one. Uke grabs Nage’s (shi’tē) opposite wrist (like shaking hands). Nage, brings the grabbed hand up to Uke’s face while stepping in and simultaneously sneaks his free hand around to touch uke’s cheek or neck. Nage then whips his grabbed hand down while doing a tenkan and holding uke’s head. As the tenkan ends, nage brings the grabbed hand back to Uke’s face and uke falls down. Why would uke fall down? Aikido is FAKE! Fake throws and pins and throws that don’t work on our friends!

I was in class last Saturday and something Paul Lepine said reminded me of a seminar I attended last February. The seminar was in Raleigh, North Carolina and the instructor was James Nakayama, 5th dan in the Aikido Association of America (AAA). Nakayama-sensei lives in Buena Park, California and is the head instructor in AAA for the western USA. These are his credentials but what is more amazing is his Aikido. His movements are incredibly smooth. He can blend with an attacker with amazing precision. You can see Uke striking but Nakayama-sensei finds an opening and is in the right place before Uke knows what’s happening. I can’t really explain it but his movements are so smooth, you can’t see him move until he has completed his motion. By then it’s too late. But at the same time, his throws are gentle. There’s no slamming Uke to the mat. Uke gets thrown only as hard as he strikes.

Near the end of the last day, he was speaking to the audience of about 100 aikidoka and he suddenly revealed to us that “Aikido is FAKE.” Ah ha! I figured that out already. I have been thinking about this statement for about six months now and it is a very interesting idea.

The points Nakayama-sensei and Lepine-sempai were making were the same. Aikido is all about blending with Uke. The throw has to be appropriate for a given attack. Sempai was demonstrating that if Uke punches so hard and fast and passes Shi’tē, we can no longer do a kote-gaeshi ichi. It can be replaced by a kaiten-nage. The fakeness comes when we are training. Uke is a critical part of the technique. In order for us to practice a specific throw, Uke has to attack in a

very specific way. That’s the fake part. Hmmmm. The Aikido itself is not so fake after all. Only the way we learn is contrived. If we didn’t do it this way, we would either be getting hurt more often or we wouldn’t really be learning. When I first started at the Aiki Budo Centre, I thought it was so hard to learn the formality of number ones and number twos. As Uke, pull on number one and push on number two. It’s fake but it helps us learn faster. As much as we want to believe it, we aren’t really ready to be free and deal with anything coming at us. However, we can deal with precise, known attacks. When we master the basics, we can start expanding the attacks we can deal with. When we feel the attack and use the appropriate response, that’s when true Aikido appears. That’s when it stops being fake. There seem to be two requirements to get to the NON-FAKE Aikido. Rule number 1: Practice, practice, practice. Practice so our bodies can learn each throw. Remember it’s a throw appropriate for a given energy by Uke. Rule number 2: Show up to class often. We’ll learn throws that are appropriate for different attacks and different speeds. Learning Aikido requires some “fake” training methods but Aikido in itself is as real as it gets. I’m also trying to remember that I can’t shorten the process. There are no shortcuts in Aikido.



Enlow

"He shouldn't feel so badly about losing his key. I'm sure he can have another one made."

The Art of Aikido, The Art of Friendship.

(by: Candice Lawrence)

Aikido is like Friendship.
If no energy is put into it,
you get nothing out of it,
and you leave your partner
with nothing to work with,
expecting them
to do all the work.

Why come to aikido
to "not be there"?

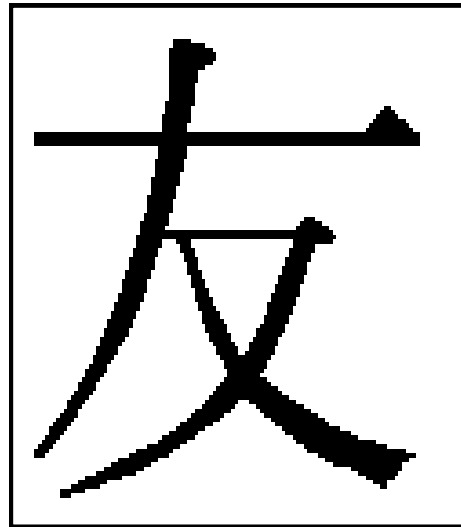
If you want a friend to be your "best friend"
but have no time or energy
for really being there as a friend,
the friendship will die.
Do not expect your friend
to do all the work for two
in nurturing your friendship.

Our friends try to teach us
how to communicate,
how to extend our energy,
how to reciprocate, how to take turns.

However if we cannot sustain this,
as time passes,

the friendship will die,
and we risk losing that friend,
because they should never be expected
to carry it...alone.

and run away when things get difficult,
then you will never move forward.
You must continue to extend yourself,
your energy, and your time
into the practice
of the art of Aikido.



Volunteers and Creative Ideas Needed for a Publicity Committee

If you're interested please contact Sense Jamie

Even as you learn technique,
and become comfortable in your practice,
continue to push forward, and learn
...just a little bit more.

If you have a "best friend",
BE that best friend.
Do not expect your friend
to do all the work
of extending energy
to strengthen that bond.

Learn to extend yourself,
your energy, and your time
into the art of Friendship,
and you will have found depth and substance,
within yourself, as well as your friends:
a treasure worth it's weight in gold,
with the strength and durability
to last a lifetime.

Practice
the Art of Friendship
as you would
practice
the Art of Aikido.

Oh Dear!

by Jon Oaker

Oh dear!... It's that time again. Once more Parker shihan is about to grace us with his presence. This is an event I have come to view with a curious mixture of dread and anticipation. On the one hand I know that I am going to be the recipient of a level of aikido expertise for which I am (presently,... always presently) not capable of achieving, or even approaching. However, while I know I cannot aspire to absorb and incorporate it all, I will come away from this with some insight or nuance which will improve my aikido tremendously.

On the other hand... while it is going to be fascinating, inspiring, and a gas on the mat... it is also going to be an object lesson in the painful side of our art. Looking back on previous experiences (my own and those related to me) I have come to believe that possibly the greatest contribution sensei Parker brings is a frank and sometimes painful boot to our collective complacency. The gentleman pushes... hard. There is only one way to perform a technique... the right way (a.k.a. the way he just instructed you to do it)

So, in the interest of everyone gaining as much as possible from this opportunity, I have decided to give a few recommendations on how to maximize the experience and minimize the pain.

1. Leave your ego at home... Better yet; wrap it in a big warm fuzzy blanket, seal it up in a box and bury it in the back yard... Poke a few air holes in it and dig it up about three days after he's left.
2. Find your navel ahead of time and don't allow it to wander off!... if necessary draw a map on the back of your hand... labeling your feet L and R respectively is also a good idea, but make sure you get it right!
3. Memorize the following... "Yes Sensei" also available as options are "Thank-you Sensei" and "Hai" (the final option is my personal preference as it seems to imply my agreement without quite admitting that I really belong in a home for the terminally uncoordinated!)
4. Have ice packs pre-frozen and a hot bath waiting at home... also soothing is a faithful dog who will love you regardless of how long you've been practicing (apparently badly) this art. If you don't have one of your own borrow one.
5. And finally, if all else fails; comfort yourself with the knowledge that your seniors are probably suffering as much or more than you are!

Bottom line... this is not only a chance to improve our individual skills, but also to raise the level for aikido in London... enjoy! (and now you'll have to excuse me... I

have an afghan to knit... blue I think.)

Sensei Amos Parker Shihan 8th Dan Schedule of Events September 2002

Thursday September 19

Arrives in London

Saturday September 21

Aiki Budo Center North

Monday September 24

Strathroy

Tuesday September 24

Aiki Budo Center North

Wednesday September 25

Strathroy

Thursday September 26

Aiki Budo Center South
Black Belt Testing

Friday September 27

Aiki Budo Center South
Black Belt Training

Saturday September 28

Aiki Budo Center South
Group Training and Demonstrations
\$25.00 fee

This is a training and instructional opportunity which comes along all too infrequently. Whether a beginner or senior student, try to avail yourself of the chance to learn from one of the paramount practitioners of Yoshinkan Aikido around today!