



Aiki Budo Centre Newsletter

(December 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 Beginners Class
8-9pm Intermediate & Advanced
Level Class

Friday

Weapons Training to be announced

Saturday

10-11am Adult 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



EDITOR'S NOTE

(by Jon Oaker)

Upcoming Events

Ho Ho Ho... as yet another year of Aikido draws to a close...(It's been an eventful one) and 'tis time for us all to take a break and reflect on those things which are most important in life... friends, family... (how's that for putting a good face on the fact that they're locking us out for Christmas?) and come back refreshed and revitalized.

This year our last training date is dec.23rd, and our first training date back will be January the 2nd.

Things to look forward to:

A return visit by Sensei Parker shihan in the spring (early April actually, but more details to be announced.)

Advanced training is being offered by both Aiki Budo locations. The details are contained within this newsletter.

The photo above was taken on sensei Jamie's recent visit out west to train with Terada Sensei. His partner for this demonstration was Steven Miranda Sensei.

Enjoy the holidays and let's all return refreshed and revitalized.... Osu

On Aikido Styles

(submitted by Atsushi Takahashi)

When I went to an Aikido seminar a couple of years ago, I met an instructor who has switched from Yoshinkan to Aikido Association of America (AAA). I asked his advice on switching style and with his permission, thought I would share his interesting response.

Dear Dorfman-Sensei,

You probably don't remember me as I have met you and been thrown by you only once when you attended a seminar in Durham, North Carolina. I am a student of Danieleley-sensei. I recently moved to London, Ontario, about two hours away from Toronto. There are three dojos and all three are Yoshinkan style. I started at the London Aiki-budo center about two months ago and have slowly gotten used to the new style and teaching methods. I don't really have a specific question but I was wondering if you could enlighten me on how best to approach the changes. I am trying to think of the new style as new, rather than replacing old techniques. eg. A shiho-nage in Yoshinkan style is very different to the one on my 6thkyu AAA test so I am thinking of it as a variation rather than a "throwing out" what I already learned. The reason I felt compelled to contact you was because I think you have successfully integrated your Yoshinkan and AAA styles. I was wondering if you could give a bewildered beginner some advice on maximizing the benefit of changing styles.

Atsushi Takahashi

Fri, 26 Oct 2001, Mark J Dorfman wrote:

Atsushi,

My pleasure to try to help and hopefully I can shed some light on a topic that many

practitioners struggle with. It's like a fried rice analogy I read once from Gakku Homa. Lots of restaurants serve it: you know what it is, but it tastes slightly different depending on which place you go. It's all good, just that everyone has a variation and unique flavor. So it is with Shihonage, for example. I studied Yoshinkan under Yukio Utada (7th Dan) from 1980 - 1998 so my base there is strong. I enjoyed the power and technical proficiency with which the movement was executed. When I made the transition to AAA in Oct. 1998, I found Toyoda's way of doing Shihonage different and for me more challenging since it was not what I was used to. Ah ha! Another person's recipe for fried rice for me to add to my book. So I've worked on learning the AAA way, continue to practice my original Yoshinkan version, and have come up with some nice variations in between during my learning process. All are correct for your total growth and training.

合氣道養神館

How to integrate this into regular practice: When in Rome, do as the Romans. Work with learning their style of doing techniques and movement although it will appear and feel stiff and robotic at first. Put your AAA foundation on the side and open your mind (Mushin: Beginners mind) to seeing life from someone else's perspective. Yoshinkan is known for what appears at first as very stiff, impractical movements; because it does not flow so readily at first. But it helps develop a strong technical foundation. Movements are very precise and hand/foot placement are not very general; at least as I was taught. Do you remember taking your driving safety course? All the rules they taught you, turn signals, keep both hands on the wheel, making a turn by using the hand over hand method, don't speed, don't tailgate, come to a full stop at a stop sign.

So how often do you drive exactly like this or have you developed your own variations? Your foundation was important and it gave you a good base from where to begin. Fortunately, Aikido is better than your driving course. It's an ongoing lesson in basics with someone always there to help guide you along the path. But the path is yours alone and no one can walk with you. All the training and information from all sources is good and will help develop what will someday become your unique presentation and method for making "fried rice". Enjoy the journey.

Peace
Mark

HOLIDAY CLASS CANCELATIONS

Last Class of 2002 will be Monday December 23rd

First Class of 2003 will be Thursday January 2nd

A Perspective

Although you've probably read a version of this before, I still think it is a great little story on the true nature of martial arts.

- Phil Lantz

"Have you ever used your martial arts in self-defense?" the student asked.

"Only once," replied the master, "And only to control a distraught and hysterical person, not to fight."

But the master was troubled by the student's question. "Have I trained for years to use my art only in the rare case of self-defense?" The master considered his art and his training. He remembered the teachings of his own master, who had taught him the Chinese rule of the hammer: "If the only tool you have is a hammer, soon all your problems begin to look like nails," his master had said. It was true, he thought. I have mastered the art of fighting, but not of winning; of truly defeating an opponent by making him my friend. I have learned to win conflict, not to prevent it or resolve it to the satisfaction of all. I have learned nothing!

The master put on again the white belt he had worn as a beginner. He examined his art and began to use the principles of overcoming an opponent physically to the conflicts in his daily life. He began to anticipate an "attack" by noting the pattern of events that led to make men angry. He learned that when he disrupted the pattern of events that led to make men angry. He learned that when he disrupted the pattern early and with understanding and principle, the anger never materialized, and the "attack" never occurred. He began to let people express their anger until they were spent; he simply listened and let go of his defensiveness. Then he would again look for the cause of his assailant's anger and deal with it through understanding and principle. In time, he became a wise master whose council was sought often.

"Have you ever had to use your martial arts?" the student asked.

"Yes, often" said the master. "And since I have begun to use it, I have not had to fight."

To submit articles for the newsletter either give them to Jon Oaker or e-mail them to cat.halloaker@sympatico.ca

A Guide to Aiki Giving

Ahh... The holiday season is with us once more and all those people who are close to us (even though they have spent yet another year telling us that we're 'sick' as they've liberally poured various liniments over us) are I'm certain wondering just what one can get for the aiki-addicted. Well, I have a list of possible suggestions for every budget.

On the first day of Christmas my true love gave to me:

1. A nice orthopedic gi
2. Vats of Tiger Balm
3. Strong big toes
4. Kiais that freeze blood
5. Knee surgery
6. A sense of balance
7. Ukes a'llillin'
8. Mats soft and puffy
9. Belt tying lessons
10. Cheap analgesics
11. Muscle relaxants
12. Tough looking kneepads

(Sing to the tune of 'The Twelve Days of Christmas)

ADVANCED TRAINING

Aiki Budo North is conducting instructor training every Tuesday evening from 9 'til 10pm. Candidates must be must be 3rd Kyu and above or invited by Sensei to attend. Classes are focused on black belts, looking at methods of instruction, in depth examination of basic techniques. Classes end with a round robin session of jiyuwaza concentrating on shodan and yudan requirements. Contact Sensei Jaimie to attend.

Aiki Budo South is offering Kenshu training every Thursday. The kenshu class will run each Thursday evening from 9:00 - 10:00pm reviewing all 149 basic techniques with a focus on the minute details of each technique. Active members, 3rd kyu and higher, are welcome to attend, however, a serious commitment is required. Contact Sensei Ashley to attend.