



# AIKI BUDO KIDS

December 2003

## Aiki Budo North Kids Class Times

★ Please Note  
Time Change to  
Monday Class ★

Monday  
6:30pm - 7:15pm  
Advanced Kids  
Class By Invitation  
only

Tuesday  
6:15pm - 7:00pm

Saturday  
9:15am - 10:00am

## Aiki Budo North Instructors

Jaimie Sheppard  
Stephen Chau  
Greg Gruninger  
Paul Lepine  
Christine Earl  
Candice Lawrence  
Jon Oaker  
Therese Pickersgill

Want the latest  
info on; Class  
Cancellations,  
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Go to the Web  
site at:

[www.aikido.on.ca](http://www.aikido.on.ca)  
email:  
[aikidoonca@hotmail.com](mailto:aikidoonca@hotmail.com)

## Editors Note

(Cat Hall-Oaker) email questions or submissions to  
[cat.halloaker@sympatico.ca](mailto:cat.halloaker@sympatico.ca)



Once again it's everyone's favourite time of the year... Holiday Party time! The annual **Aiki Budo Holiday Celebration will be held on Saturday Dec 13th 9:30-12noon** in the dojo. For those of you new to our Aiki Budo family this is one of our two celebrations a year where we all gather and get to know what everyone looks like in their street clothes. This year the party will be a Pot Luck Brunch/Breakfast. So, bring your favourite breakfast food; muffins, Danishes, banana bread, fruit, juice, brownies or cookies, (we've decided that sugar/chocolate has breakfast food status for the party).

Lots of activities planned for both the adults and the kids at the party; Come test your skill in the Bunny Wars Arena's; Pick up a drum and play along at the drumming circle; learn Origami; make a shaker; play with Lego; have a chance to win an incredible door prize...and much more!

Aiki Santa will be making his appearance around 10:30am, accompanied by Phil the Psycho Elf. Kids 12 and under will receive a present, siblings & children of adult members included. The sign up sheet for the party has been circulating around for a month or so, please ensure your kids are on the list, especially siblings and adult members kids. We have purchased presents based on who told us they were coming, so please make sure we know your kids are coming and save your kid from a broken heart at the party.

The party is run by volunteers from the club, if you'd like to help out please see the sign up list on the bulletin board. Volunteers will not be expected to work the whole party, but we need your help to make this party a success, so sign up today!

## Year End Dues

Along with Christmas, December also means time to get everyone paid up to the end of the year. This helps us greatly in our year end accounting. If you have already paid for the month of December, thank you and please ignore this note. If you haven't please see Cat or Jaimie as soon as possible.

For those of you who pay in 3 month installments December will count as a stand alone month, but with the regular 3 month rate of \$25. If you are unsure where you stand with dues schedule please see either Cat or Jaimie.

## Aikido in Real Life

Have you had a chance yet to use what you learn in Aikido in your real life?

Don't be too quick to say no! Below are some great suggestions on using your Aikido in everyday life.

### • Walk away from a fight.

This has to be about the best thing Aikido could ever teach you. It's even better than pivoting out of the way. The Sensei/Sempai's asks this question a lot: "What's the best way to avoid a punch/fight?" Answer: "Don't be there!" If you can walk away from a fight, or not put yourself in the situation where one is going to start, you have just proved that you are using Aikido in your life. Fighting is easy, its what everyone expects you to do, doing the unexpected, saying: "No, I don't want to hit you" takes far more courage than hitting someone.

### • Don't look like a victim.

This is something that Sensei Jaimie talks about quite a bit, and considering he also a Police Officer you can bet he has heaps of experience to back him up. You can often avoid trouble by not looking like a victim. Walk straight, look like you are going somewhere, keep your hands out of your pockets, and look forward not down at the pavement. When you don't look like an easy target, trouble will usually stay away from you.

### • Listen to others.

Sounds pretty weird eh? Who on earth thinks listening to other people has anything to do with Aikido? Well, think of it in terms of energy. Aikido is all about blending your energy with your attacker. Now think in terms of an argument. If I truly listen to the person I'm talking with I have a much better chance of being able to blend my needs/feelings with the other person. Staying focussed only on what you want isn't blending, its not Aikido, open up and hear what others have to say.

## Dojo Etiquette

I've done a couple of articles over the last year on this topic, but it never hurts to review the guidelines for how you should be behaving in the dojo and on the mat.

**Before Class:** What should you be doing on the mat before the formal class starts? Playing with the dodge ball? Running around like a nut? It may be hard for the people watching you to believe but you shouldn't be doing either of those things. What you should be doing is practicing! The free time before the class starts is one of the few times available to you to work on your techniques, movements and breakfalls. Use the time! This is also a great time to get help with your Aikido from any of the adults who volunteer their time at the kids class.

**Bowing:** You should always bow when you enter the dojo, before you step on the mats, when leaving the mats, and when leaving the dojo. These are all small bow's that show your respect for the dojo, the other people on the mat, the instructors, and to O'Sensei and Aikido itself.

### **Instructor calls you to the front of the class:**

This one is pretty easy...bow while you are still kneeling and then run!!! The idea is you don't want the teacher waiting for you, so bow, & run around behind the lineup (towards the senior belts) and right up to the teacher. After the teacher is done with you, run back to your spot coming at it from behind.

### **Meeting an Instructor outside of the dojo:**

London is a small town so you are bound to meet your Instructor outside of the club. Say Hi! But don't bow, bowing belongs in the dojo only.

## *"Aikido and the Power of Harmony in The Transformation of Egbert"*

by Richard Moon, drawings by Chas Fleischman

(download copy available free at: [www.aikidokids.com/gallery.htm](http://www.aikidokids.com/gallery.htm))

**(This is a repeat of an article that I ran a number of months ago, but I would urge each of you to check out this story, it is really worth your while!)**

I stumbled across this book on the Internet while doing a search on Aikido kids web-sites. It was written almost 25 years ago by an Aikidoka, (that's the fancy name for a person taking Aikido), who found that he wanted to share the valuable lessons he was learning in Aikido.

It's the story of a boy named Egbert. Egbert is having problems with bullies at school who decide to pick on him because they don't like his name. Unfortunately, even today with most schools taking a "hands-off" "No Bullies" policy, kids tell us they still find themselves in Egbert's situation sometimes. Well, for Egbert things get even worse when he decides to fight back against the bullies, and he ends up facing a beating at the hands of three bullies.

Now, that's where I'm going to stop telling you about the story, but I will say that Aikido changes Egbert's, and the Bullies lives quite dramatically. You can download a free copy from the website shown at the top of this page, or read it on line. It's a simple but powerful book just for kids.