

Dear Aiki Budo Members,

I would like to thank all of you who have helped the club not only in general but over the past weeks during the current Covid19 situation; our Public Health nurse who deep cleaned our mats, our prominent critical care physician member who provided advice encouraging remaining calm and balanced, and all those who provided hand sanitizer for members as they stepped onto the mats.

Retreating is of course a technique sometimes used in Aikido but it is always employed with redirection of that energy. Is it possible to perform Kihon Dosa (basic movements) alone in our daily routine so our mind and body remain flexible and open rather than a "closing up shop" approach? Our Art is a shared exercise and so to continue our practice, we must use visualization to create a virtual partner within our restricted "social distance zone!" This is important, as our club Doctor has told me, because it creates a healing power that improves your body and mind! Yes, the power of positive thinking is not just a concept one reads about. Like most good things, hard work in the form of actually doing Kihon Dosa, repeatedly pays dividends or results. We will be back together on the mat soon. Yes, I will be watching and critiquing your Kihon! Help others by being positive, employing a joyful manner, and kicking their butts!

Sensei Jaimie.