



ABUNDANT PEACE AIKIDO & T'AI CHI

Connections

Editorial

December 2009



Winter appears to have arrived, finally; it was mighty cold, when we left the Dojo at 7:30 this morning!

The big news last month was the tremendous success of our "Roll-a-Thon"; this was the first event of this type we have done, and although we are still tallying up the total results it appears that we have raised more than

\$2000.00 for this very worth cause. This is great news, of course, but carries with it the responsibility to do this type of thing more often, and now that we have set the bar so high, we will need to maintain that high standard in the future.

Sensei Brad asked that, on his behalf, I express appreciation to everyone who helped in any way to make this event the tremendous success that it was; it could not have happened without the effort and support of our entire community!

The festive season has officially begun, and with all the snow lying around it finally feels like winter...once again I am looking forward to escaping the snow and cold, when I travel to Florida to attend the Winter Intensive Aikido seminar. This will be my third time at this amazing event, and I am looking forward to both the Keiko and the sunshine!

Finally, on behalf of Brad and his family, please accept my best wishes for a warm and wonderful holiday season!

Stuart



Corporal Francisco Gomez Memorial Library



Thanks to Roberta for her kind donation of a T'ai Chi book, and for helping to launch our lending library!

We will gratefully accept donations of books, magazines and electronic materials for our Library; these will be labeled and will remain the property of the Library, yet will be available for the enlightenment of all Club members.

We are still seeking a volunteer to take on the task of becoming our first librarian, and help launch this project and help build it into yet another dimension of our community; if you have any interest in tackling this worthwhile project please speak up!

Tuck the Tailbone In

"Tuck the tailbone in" is a common expression heard in Tai Chi class. For beginners, this may give rise to lots of "?" marks in their heads. Read on to clarify this mysterious expression...

"Tuck the tailbone in" our teacher would say in class, and I would just sort of wiggle my hips as if I know what I was doing. For the longest time, I was not quite sure what that really meant. I had not much clue how to feel my tailbone. So if you happen to be struggling with this concept, I feel your struggle. It sounds so easy- but not so easy to modern day people who sit all day long squishing the spine.

While doing Yoga Naga training, I finally found my tailbone. I got the sensation of what it is to feel the whole spine being straight by pulling down the tailbone.

However, I still go out of alignment from time to time especially in certain movements. I would lose awareness of keeping the spine straight and my hips would stick out, along with my tailbone. I would feel "straight", but when I would see myself I found that I was totally off!

What is the Tailbone?

Tailbone is also known as Coccyx and "base bone". It's a triangular bone structure that is located at the bottom of the spinal column.

What does "tuck the tailbone" mean?

This "tuck the tailbone in" is an expression used to get your spine to be straight by reducing the lumbar spine curvature. Do you feel the tailbone is part of *your* spine? When you think of the "spine" where does your consciousness go? I guess when I usually think of "spine", most of my thoughts go to lower back area to middle back. Not particularly to my butt. Maybe this expression was to expand our engagement to your spine all the way down.

Be careful...

When you experiment with your body, make sure not to introduce new tension by forcing your hip to be tucked in way too much. Also make sure to be aware of the **whole spine** instead of just the tailbone part of the spine. Keep the feeling of "being suspended from the top of your head

Applying it to other things:

This concept of keeping hip underneath your body - is not foreign to other sports. If you've done skiing, surfing or rock climbing, in order to keep the balance, it's important to keep your hip underneath your body. In Japanese, it's called "heppuri-goshi". When I started to play badminton in high school, my coach often told me not to stick my butt out. I didn't quite get the sensation of what he was talking about. I ended up having a backache due to badminton injury. I was taxing my lumber spine too much by ignoring my tailbone to be in alignment. It's a good practice to notice when you forget to straighten and relax your spine. Once you are aware of that, you can lift up the whole spine from the top of your head. Have an amazing day!

-Reprinted From:
www.greattaichi.com



Announcements

Aikido Special Training will be Tuesday, 15 December 2009 from 6:30 to 9:30 PM. The theme will be "Principles of Connection and Aiki" with a special focus on material from the recent seminars with Saotome Shihan and Ledyard Sensei.

Our Holiday Season Celebration will take place on Saturday, 12th December 2009, at the home of Joo and Michele; directions will be available at the Dojo. We will celebrate the holiday season and approaching New Year with a potluck supper, beginning at 6:30 PM; classes will be held as scheduled!

Sensei Brad will be away from Sunday, 20 Dec 09 through Friday, 08 Jan 10 inclusive; we need volunteers to conduct classes for this period. There is a sign-up sheet at the Dojo; please fill your name in and help keep our classes running for the benefit of all.

Finally, remember to always keep an eye on www.abundantpeace.com for an up to date list of seminars, courses, and events. As well, now available on our web site are a series of short video clips, showcasing some of the training available at our School.

Promotions



Kids

- Jake M. Jr. 14th Kyu
- Julia M. Jr. 14th Kyu
- Hanna S. Jr. 14th Kyu
- Julia S. 10th Kyu
- Stephanie T. Jr. 9th Kyu
- Tamara K. 8th Kyu

Adults

- Nicole M. 9th Kyu
- Joseph T. 7th Kyu

Congratulations!

For New Members



A few gentle reminders for newer members;

Aikido students, please remember to sign the attendance book each time you are here, as training hours must be

kept track of. Second, uniforms and training weapons are available for purchase through the School; please see Sensei Brad for details.

As well, a special note for t'ai chi students; you are welcome and encouraged to buy and wear the t'ai chi uniform, should you wish to do so. These are also available for purchase through Sifu Brad.

Finally, remember to ask any of our senior students any questions you might have!

It's Flu Season!!

The shimmering aspen here in Boulder, Colorado, are signaling a change of season. As cooler weather and shorter days nudge us toward indoor activities, we're grateful to our welcoming dojo, home of personal growth, physical training and community.

A quick PSA, though - while the dojo is a great incubator of knowledge and power, it's also the perfect incubator of - germs! For everyone's safety and comfort in the coming months, please do proper hand-washing, cover a cough or sneeze with your inner elbow (not your hand), stay home when you're feeling sick, and use hand sanitizer strategically placed in the dojo and public places. Self-defense at its most fundamental....

*-Reprinted from:
Bujin Design Newsletter!-*

Roll-a-thon Photos



-Photos by Michele-

Autumn Hollow Animal Sanctuary will hold their annual gift and bake sale on the 4th, 5th, & 6th of December, from 11:00 AM to 7:00 PM each day. Come out and support this great cause, by taking home some special holiday treats!

Summer Camp

Each year, the ASU presents a number of seminars, both weekend and longer; among these special events, few are regarded more highly than the summer camp in the Rockies, sponsored by Boulder Aikikai.

2010 will be the thirtieth year for this event, and will be held from 25 July to 1 August, at the Colorado Mountain College, Spring Valley Roaring Fork Campus, located near Glenwood Springs, Colorado. This facility offers dormitory style accommodations, and a beautiful mountain setting as a backdrop to our aikido practice.

The instructors for this event have not all been announced, but the lead teachers will be Saotome Shihan and Ikeda Sensei; having attended several weekend seminars, and two winter camps, I can assure all students that the benefits of this style of "intensive study" are enormous, in that they give you an opportunity to connect with the principles of aiki to a degree that is simply not possible when we attend classes two or three times each week.

We have driven 1000 plus kilometers, to attend the seminars in Missoula; perhaps we should get a group together, and travel to Colorado in July of 2010!

-Stuart-

Find the Tiger Within

Now available; "Finding the Tiger Within!", a CD on personal safety and protection. This CD is filled with strategies and principles on the mental and preventive aspects of self defense, as well as physical techniques when confronted. This is a no-nonsense presentation, and contains information that everyone can benefit from: the "life skill" of personal protection. It also makes a thoughtful Christmas gift for loved ones! These are available from Sensei Brad, for only \$20.00, so get your copy today!