



ABUNDANT PEACE AIKIDO & T'AI CHI

Connections



Editorial

The fall season has been an exciting and positive time for our community; there are so many developments; growth and change is happening, with more to come in the months ahead. Because there is so much to cover this issue, I will limit my remarks to this; the positive

things that happen, in this or any other community, occur because of the devotion and work of the membership. On behalf of Sensei Brad, please accept our thanks!

May this holiday season be both warm and wonderful, for you and your families!

Stuart

Please note: early morning keiko continues on Thursday mornings only; the mat fee is only \$10.00; join us if you can!

Corporal Francisco Gomez Memorial Library

The Corporal Francisco Gomez Memorial Library continues to grow, thanks to so many kind donations from members. Check back often, either with one of our Librarians, or on the Notice Board, to learn about "what's new"! Remember, we will happily accept all help and donations!



Health Tip: drink two glasses of water when first waking to activate the body, one before each meal to aid digestion, one before bathing to lower blood pressure, and another before sleep for coronary health!

December 2010



Promotions

We recognize all aikido students who tested successfully in November:

Adults

- Kathleen A. 9th Kyu
- Todd S. 9th Kyu
- Terry M. 8th Kyu
- Scott R. 8th Kyu
- Marc P. 7th Kyu
- Michele L. 2nd Kyu
- Joo T. 2nd Kyu

Kids

- Kristiana S. Jr. 12th Kyu
- Emily S. Jr. 12th Kyu
- Andrew S. Jr. 12th Kyu
- Julia M. Jr. 12th Kyu
- Leo M. Jr. 12th Kyu
- Tristan A. Jr. 12th Kyu
- Paige O. Jr. 12th Kyu

Congratulations!

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!



Announcements

The Hayashi Sensei Seminar took place as scheduled on 5th and 6th

November; as in years past, there were thirty or so students on the mats for each of the excellent sessions. There were two social events, both of which added to the seminar experience and the developing connection between Abundant Peace and Northern Alberta Aikido Schools.

For those who have never experienced a seminar, I encourage you to make the time; they are a tremendous experience in many ways, and an excellent way to advance your journey along the aiki path!

Aikido Special Training is scheduled for Tuesday, 14th December 2010 from 6:30 to 9:30 PM. Sensei will focus on the principles of good ukemi, including falling and rolling, sincere attacks, connection, and the general importance of ukemi in the aiki learning process. All ranks are welcome!

Dojo Care. For the month of November, we will give the mats a good washing on Saturday, 18th December. Aikido students are asked to arrive at 1:30 PM; this will give us enough time to wash the mats, and still begin our practice at the regular time.

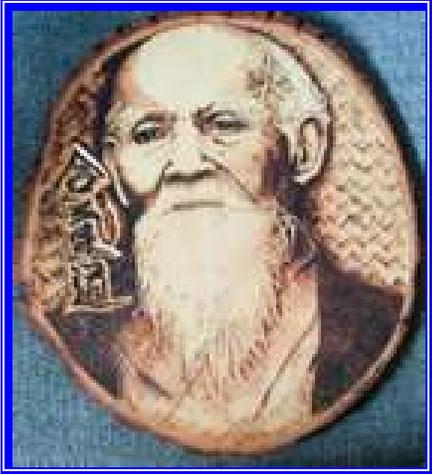
Farm Fresh Eggs are now available through the Club; see Sensei if interested!

Holiday Gathering. Our annual Holiday social will be held at Judith's place, on the evening of Thursday 16th December; check at the Club for details. This is a busy time of year, but we hope all of you will make a little time to join us in fellowship.

Training equipment is available from our School Kit Shop at very competitive rates. Please let Sensei Brad know of your needs; t'ai chi students, why not join the many who are now wearing the uniform?

New at www.abundantpeace.com is a kid's video, "Little Samurai" featuring Sempai Julia and Sempai Stephanie!

O Sensei's Wisdom



“Each and every Master, regardless of the era or the place, heard the call and attained harmony with heaven and earth. There are many paths leading to the top of Mount Fuji, but there is only one summit – love.”

-Morihei Ueshiba-



A Very Special Evening

We congratulate Michele and Joo, who tested to 2nd Kyu on the evening of Friday, November 26th. Both are to be commended for an excellent demonstration of their growing skills!

Their test was approximately ninety minutes in length; we congratulate Michele and Joo for their “durability” and thank all those students who showed their support by remaining to watch the test... all of whom were able to advance their seiza training!

A number of us went out to celebrate after the exam; a very special evening indeed!



“This is why we all fear Michele!”



Chi Gong 101

Sifu Brad held his “Chi Gong 101” workshop on the 21st and 27th of November; this excellent program is not presented often. This “deep study” of the principles and methods of Chi Gong provided the student with a whole system, practical lessons in the application of Chi Gong to improve their health and wellness. For many, this was and will continue to be a “life changing” experience.