



ABUNDANT PEACE AIKIDO & T'AI CHI

Connections

Editorial



February is going to be a busy and exciting month for our Community! On the Tai Chi side, the beginner class will graduate, and a new group of students will start their t'ai chi journey; on the aikido side, we will hold our first winter Gasshuku; and, of interest and benefit to all, our Library will "go live"! This last bit of news is very notable, as it represents the culmination of a great deal of effort, and will truly add a special dimension to our School.

This issue, we will feature an article on the proper care of wooden training weapons, courtesy of Shawn C. Following these easy steps will ensure your bokken, jo, staff, or wooden broadsword will serve you well for many years to come. We also bring your attention to an excellent article, the latest in a series of pieces on the remarkable health benefits of regular t'ai chi practice. Finally, we will try to keep everyone "in the loop" about all of our upcoming events and programs.

2010 promises to be a banner year for our School and Community; we look forward to our many successes in the coming months, and to training regularly with each of you!

Stuart

February 2010

Corporal Francisco Gomez Memorial Library

Great News; the Corporal Francisco Gomez Memorial Library will "go live" on Sunday, February 7th. We



have found two volunteers, to serve as our Librarians; Ineke C. for t'ai chi, and Reg N. for aikido. This will be a great start to our Library, and will ensure that all students have access. Thanks to our volunteers, and please make use of this wonderful resource!



Promotions

We congratulate those of us who were promoted in January of 2010:

Kids

- Tristan A. Jr. 14th Kyu
- Jake M. 14th Kyu
- Julia M. 14th Kyu

Adults

- Joseph T. 6th Kyu

Spring Course Calendar

Eight Pieces of Brocade. This is an ancient form of movement Chi Gong consisting of eight dynamic yet gentle exercises, designed to stimulate major acupuncture meridians, to restore a strong and balanced energy flow, to increase muscular strength, improve balance and aid flexibility. A great way to dissolve tension and release stress from the body!

Sunday, 21 Feb 10, 2:00 to 5:00 PM, \$75

Meditation and Chi Gong Retreat. This weekend offers a complete Chi Gong routine which can be learned to receive the

full benefits of a complete system. It encompasses the five stages of a complete work out, including clearing, healing, and building energy and body, as well as the meditative and movement aspects of Chi Gong practice. This energizing retreat offers meals and accommodations for those interested in living in; check with Sifu Brad for further details, and register early as space is limited!

March 6th and 7th, 2010; \$280

Five Element Chi Gong. Chi Gong means working with your life energy; the 5 Element set is an ancient routine that includes holding postures with gentle movement. It restores balance between the five major organs in the body and is an ideal way to establish relaxation and mental clarity while cultivating chi or life force.

Sunday, 18 Apr 10, 2:00 to 5:00 PM, \$75

Meditation Made Easy. Discover the benefits of meditation practice, and how easy it is to learn at this afternoon session. Meditation is ideal for opening a "gate" to your inner self, and will help to develop a base for relaxation and stress reduction.

Sunday, 16 May 10, 2:00 to 5:00 PM, \$75

All of the above courses are open to anyone; students of both aikido and tai chi are encouraged to attend, and if you know anyone who might have an interest, these courses are an excellent introduction!

Announcement

Congratulations to the Fall '09 T'ai Chi Class; your effort, patience and commitment have finally paid off... you've graduated! We will celebrate this milestone with our third "noodle night" on Saturday, February 20th; now your T'ai Chi journey will truly begin!

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. These are available from Sensei Brad, for only \$20.00, so get your copy today!



Announcements

Aikido Gasshuku will be held on Sunday, February 28th from 9:00 AM to 9:00

PM. In this all day intensive program we will explore connection, kuzushi (balance taking) and aiki within our basic program techniques, from white belt upward. We will also work with movement drills, emphasizing these core principles in a dynamic and spontaneous manner, which will allow us to integrate these principles at a much deeper level. Students of all ranks are encouraged to attend this seminar.

Spring 2010 T'ai Chi Beginners Course begins Saturday, February 6th. If you are interested, or know anyone who might be, please inform Sifu Brad. Aikido students: t'ai chi helps develop core strength, stability, strong posture and unified motion!

Dojo Care and Mat Maintenance will be done on Saturday, February 20th; aikido will be held from 1:00 to 3:00 PM, dojo care from 3:15 to 4:15, with t'ai chi to follow at the regular time. Please join us and help care for our exceptional training facility.

Holiday Aikido Class will be held on Monday, February 15th, from 8:00 to 9:30 AM; those interested are invited to join us for breakfast following keiko. Mat fee: \$10! This event will also mark the resumption of our morning keiko on Mondays and Thursdays, for the 2010 training season.

The final "Noodle Night" for the Spring '09 T'ai Chi course will take place on Saturday, February 20th, at Leaf Garden Restaurant on St. Albert Trail. This event is to recognize their successful completion of the Yang set; everyone is invited to attend this "graduation dinner"!

Spring Special: we are pleased to announce that members of our school are invited to try the "other art" free for one month! If you are a student of either aikido or t'ai chi, you are encouraged to take advantage of this opportunity to try the other, free of charge. This offer is only available until February 28th, so act quickly!

Family Special: we are pleased to announce that, in honor of Family Day, all family members of our present students are able to attend one month of classes, either aikido or t'ai chi, absolutely free! This offer also ends February 28th, so act now!

Dedication Ceremony: We plan to hold a ceremony to formally launch our library and aiki shrine; further details will be made available as they become known, but the plan is to hold this special event on Sunday, February 28th, at a time convenient to both aikido and t'ai chi students.

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.

Caring For Your Training Weapons

At first it may seem a little strange to have a blacksmith give advice on wooden weapons care, but realize that I deliver 20,000 hammer blows in an average day's work. All of that energy is transmitted through wooden handles. Care of them is paramount. To make, they are expensive in time and effort; and, suitable straight grained hardwood is increasingly difficult to acquire.



All of these things are applicable to Aikido weapons. I've used several different wood preserving oils. By far, my preference is tung oil. Pressed from the tung nut; it is a rainforest product that is harvested in a sustainable manner and, when it is used properly increases longevity and durability of wooden items. It is available at most home improvement centres. It does not get slippery when your hands sweat like some surface coatings for wood.



Initial preparation requires a light sanding with 200 grit sand paper. Then wipe with a wet rag to raise the grain, and allow it to dry. I use two methods to apply the oil. I either immerse the whole item in tung oil, or apply it to the outside with my hands. The goal is the same, soak the item with the oil. I let my Jo soak over the weekend in an inner tube I filled with oil. If the item is too large to soak, multiple coats of oil rubbed until tacky will produce a good, low luster low tack finish. The oil fills the voids in the wood fibres giving the weapon more resilience. A once a year oiling would be a great benefit to your training weapons.

-Shawn C-

Great news; early morning aikido keiko will resume on Mondays and Thursdays, beginning on February 18th at 6:00 AM. The mat fee is only \$10.00, so join us if you can!

Summer Camp

We need to begin planning our trip to Colorado, for the Summer Camp from 25 July to 1 August; those interested in attending should speak to me ASAP!

-Stuart-

Tai Chi May Ease Knee Pain

People With Severe Osteoarthritis Got Relief From Practicing Tai Chi, Study Shows

By [Kelley Colihan](#)

WebMD Health News

Reviewed by [Louise Chang, MD](#)

Oct. 25, 2008 -- A new study shows the ancient Chinese movement art of tai chi can help ease knee pain in people who have severe osteoarthritis.

Researchers, led by Chenchen Wang, MD, MSc, from Tufts Medical Center in Boston, got together 40 people with severe knee osteoarthritis who reported knee pain on most days of the previous month.

The average age of the study participants was 65. All had osteoarthritis for an average of 10 years and were considered overweight, with an average body mass index of 30.

One group practiced an hour of tai chi (adapted from the classical yang style) twice a week for 12 weeks. The comparison group received the same amount of time stretching and boning up on wellness education.

Researchers wanted to see how scores on pain, physical function, health-related quality of life, and mood changed at the end of 12 weeks. They found that the tai chi group improved more than the other group in scores of pain, physical function, depression, and physical quality of life.

Researchers repeated the assessments at 24 weeks and 48 weeks and found that the group that continued to practice tai chi had less pain and longer-lasting function benefits.

A [recent CDC study](#) found that the lifetime risk of having symptomatic knee osteoarthritis was nearly 45%, with increased risk for people with history of a knee injury.

Tai chi, sometimes called a "soft martial art," uses flowing, gentle movements and balancing postures. It also employs a meditative quality, as the mind focuses on the body movements.

The results are being released Oct. 25 at the American College of Rheumatology's annual meeting in San Francisco.

The research was partially funded by the National Center for Complementary and Alternative Medicine.

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Submitted By: [Sifu Brad](#)