

Connections

The Newsletter of Abundant Peace Aikido and T'ai Chi School

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Commitment

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, the providence moves too. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance, which no man could have dreamt would have come his way. I learned a deep respect for one of Goethe's couplets: Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it!”

-- W. H. Murray in *The Scottish Himalaya Expedition, 1951--*

***“The Mind and the Sword
are One; if the Mind is
Right, the Sword is Right”***

Editorial

Speaking purely for myself I am very pleased that our winter has seen warmer temperatures and much less snow than we enjoyed last year... which means that I am not shoveling two or three times each day! On the down side, my working life continues to keep me from the mats, to the point that it has created some health issues for me. Thus, my focus now has been on resolving that situation, through the course of which I will see some significant life changes in the months ahead. Exciting!

I remain hopeful that I will resolve my challenges and will return to my own training path very soon. Until that day, I hope you all are doing very well!

Promotions

We begin by congratulating the members of our T'ai Chi Beginner Program on their successful completion of the Yang Set. This is a major achievement, which will be celebrated with a final noodle night; their basic skills now attained, their true study of T'ai Chi will now begin.

We congratulate as well the following aikido students on their advancement:

Kids: Tanner T. 14th Kyu; Brynn G. Jr. 12th Kyu; William H. Jr. 12th Kyu; and, Lacey S. Jr. 11th Kyu.

Adults: Dustin F. 9th Kyu; Andrey P. 9th Kyu; and, Scott C. 9th Kyu.

Remember our Library, named for a member of the Canadian Forces, Corporal Francisco Gomez, who was killed in Afghanistan. The Library exists for all to enjoy.

T'ai Chi and Health

ANNOUNCEMENTS

Special Training for the month of February will take place on the evening of Friday, the 24th, from 6:30 to 9:30 PM. Our focus will be on the method and technique of dealing with strike attacks. Deepen your understanding of the principles of Aikido by attending these special sessions; learn how to avoid, deflect and neutralize these intense attacks using the core principles of Aikido.

Gift Certificates are still available from Sensei Brad. "Give the Gift of Health"! Purchase gift certificates for your friends and family, for T'ai Chi or Aikido classes, to encourage them to keep their wellness goals in 2012.

Training supplies such as uniforms and weapons are available for purchase through the School. Prices are reasonable and quantities limited, so see Sensei today.

New at www.abundantpeace.com is for you to discover, by checking our web site regularly! It is always kept fresh by our Web Master; in addition to the regular events pages and the like, there are always new videos, articles and story pages.

Sensei Brad is pleased to announce the launch of a new Health Newsletter! This on line publication will cover a wide range of general health related topics, with a special focus on the blending of timeless wisdom with modern science and technology. Check it out at www.improvehealthnow.net or ask Brad for details.

Aikido of Missoula will host Tatsunori Imamura Shihan for a seminar on the weekend of 20th through 22nd April 2012. Further details will be made available as they are known, and if sufficient interest exists we may try to organize a van large enough for all of us to travel together.



One need not look very far before one begins to understand the many and varied health benefits of regular T'ai Chi practice. Even a brief scan of internet articles will lead you to countless stories from people of all ages who have turned to T'ai Chi practice for whatever reason, only to find that this study has contributed to improvement in any one of a number of medical conditions.

A few of these are hypertension and heart disease; some forms of arthritis; depression and insomnia; even some fibromyalgia sufferers have reported improvement to their quality of life through the regular study of T'ai Chi.

Further than that, T'ai Chi is widely regarded as one of the best forms of general health and wellness exercise, for older adults especially. A number of benefits are reported; these include but are not limited to sleeping better, weight loss, improvements in balance and mobility, and an overall improvement in quality of life.

Our next beginner program starts later in February; that means you have a little time to review these benefits, and make the decision to start your T'ai Chi journey. For those students presently enrolled in our program, keep up the great work; the frustrations and challenges presented by your practice will be more than made up for by the benefits you will enjoy as a result of your focus and dedication.