



# ABUNDANT PEACE AIKIDO & T'AI CHI

# Connections

Editorial

January 2010

Spring Course Calendar



A new year and new decade have begun; welcome back to all, and I hope you had a wonderful holiday season! I am just returned from Florida and my third winter intensive aikido seminar; an amazing training experience, and I did not mind the weather, either!

The final tally is in, and we are proud to announce that our "Roll-a-Thon" raised more than \$2800! That is very exciting, and a terrific achievement for our first time; thanks to everyone for making this happen.

December was another very active month for both sides of our school; the beginner t'ai chi course is progressing quickly toward the end of the set, and there were numerous tests done on the aikido side, all of which were successful. We also held classes through Sensei Brad's Christmas vacation, and held a great holiday social at Joo and Michele's home.

Welcome back to one and all; let's start the New Year and decade off right by getting back on the mats, burning off some of those holiday calories!

Stuart

Happy New Year!

## Announcement

There will be no classes held in either t'ai chi or aikido on Saturday, January 9<sup>th</sup>, due to a Judo Clinic. Classes will resume on January 10<sup>th</sup>.

## Corporal Francisco Gomez Memorial Library

In this New Year we want to work toward making our lending library functional; to that end, we need and 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. As well, we are still searching for our first librarian... so please speak up!



## Promotions



We congratulate those of us who were promoted in December of 2009!

### Kids

- Jorden P. Jr. 14<sup>th</sup> Kyu
- Alex M. 14<sup>th</sup> Kyu
- Airk M. 13<sup>th</sup> Kyu
- Nikola K. 13<sup>th</sup> Kyu
- J.D. G. 13<sup>th</sup> Kyu
- Ethan T. 13<sup>th</sup> Kyu
- Patrick F. 13<sup>th</sup> Kyu

### Adults

- Igor B. 9<sup>th</sup> Kyu
- Artem B. 9<sup>th</sup> Kyu
- Tim B. 9<sup>th</sup> Kyu
- Jan J. 9<sup>th</sup> Kyu
- Mat J. 9<sup>th</sup> Kyu
- Tim O. 8<sup>th</sup> Kyu
- Reg N. 8<sup>th</sup> Kyu
- Marcel L. 4<sup>th</sup> Kyu
- Stuart K. 4<sup>th</sup> Kyu

**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 6<sup>th</sup> and 7<sup>th</sup>, 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!



## Announcements

### Aikido Special Training

will be Friday, 22 January

2010 from 6:30 to 9:30

PM. The theme will be "Striking Clinic".

We will focus on the principles and

practicalities of striking within aikido waza,

and on defenses against strike attacks.

The fee for this seminar is only \$25.00.

### Our Spring 2010 T'ai Chi Beginners

Course will start on Saturday, February 6<sup>th</sup>.

If you are interested, or know anyone who

might be, please inform Sifu Brad. Aikido

students: t'ai chi is an excellent way to help

develop core strength, stability, strong

posture and unified motion!

**Sensei Brad will return** from his annual

holiday break on Tuesday, January 12<sup>th</sup>.

He asked that I pass on his thanks to all

who kept things running during his

absence.

**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 ends at the

end of February, so act now!

Finally, remember to always keep an eye

on [www.abundantpeace.com](http://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.

## For New Members



The rules of etiquette in a

martial arts school are

very different from those

in everyday life, and can

seem a bit silly to those

who have no experience.

Be assured that there are

good reasons for most of these, and that by

learning them you will add to your martial

training experience. Should you have any

questions, please refer them to any of our

more Senior Students.

Another tradition that may be new to many

of you is our weapons training, conducted

after regular practice on Tuesday and

Friday evenings. All students, regardless

of rank or experience, should make an effort

to attend these sessions.

Serious students of aikido must regularly

practice with bokken (wooden replica of a

samurai sword) and jo (wooden staff). This

is less about using the weapons than it is

about understanding the roots of our empty

hand techniques, and reinforcing the basic

principles of posture and movement. Using

these weapons in training also has a strong

effect in developing focus and energy, and

will improve your empty hand aikido.

## 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!*

## Winter Intensive



This was the view of the beach, at the hotel

in Florida where the Winter Intensive Aikido

Seminar is held. This was my third time at

this special event; each year I have enjoyed

the sunshine and warm weather, while also

having some of the most amazing aikido

training experiences. I look forward to

sharing some of those with you in the

months ahead!

-Stuart-

## Summer Camp

2010 will be the thirtieth year for the Aikido

Summer Camp, 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;

many of us have attended weekend

seminars, and understand the benefits of

this style of "intensive study". Imagine the

value of immersing yourself in that study for

a full 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-

## Chi Gong & Your Health

The mental and physical health

benefits of Chi Gong are enormous.

The habit of abdominal breathing the

way nature intended, as observed in

babies unless they are stressed,

testifies to this. Abdominal breathing

lowers the diaphragm allowing the

heart and lungs more space to

function efficiently. It massages all

the internal organs increasing

circulation and function as well as

releasing tension in the body.

The warm up stretches the spine,

releasing tension and increasing

circulation. All of the postures

increase the size of the disks that

allows for ease of movement and

protection of the vertebrae, as can be

observed by the increase in height by

measurement before and after

practice.

The increase in spacing of the

vertebrae is achieved by the

improved circulation from abdominal

breathing and the resulting increased

flow of blood to the disks. The tilting

of the pelvis and keeping the chin

level straightens the spine to

facilitate the expansion.

This results in improved posture,

mobility and function of the nervous

system, as well as preventing and

alleviating the all too painful

experience of a nerve being trapped

in the spine. All of the postures

facilitate the flow and removal of

stagnant energy in the muscles,

organs and acupuncture meridians of

the body. This is achieved by the

increase in cellular metabolism due

to posture and abdominal breathing

during and after Chi Gong exercise,

improving circulation, immune, heart

and lung function.

The increase in metabolism optimizes

pH and the aqueous content of the

body. This is the reason that over

weight students lose weight and

under weight students gain weight

without any change in diet.

Reprinted From:

[www.qigonghealingarts.com](http://www.qigonghealingarts.com)

## 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!