



ABUNDANT PEACE AIKIDO & T'AI CHI

Connections



Editorial

Wow...December was just a whirlwind of activity for our Community, has passed on like lightning, and we are into a new year! On behalf of Brad Sensei and his family please accept belated best wishes for the holiday season. We hope you were able to enjoy contented

times spent with your friends and family.

The New Year always brings with it a desire to take stock of our lives, and we often resolve to make changes in the months ahead. Many of these resolutions fall by the wayside, victim to an unrealistic goal or planning process. For 2011, I would like to challenge each of you to achieve a further advancement in your martial training, be it in t'ai chi or aikido.

Aikido students, I challenge you to attend one seminar this year, besides those we are holding at our own school. T'ai Chi students, I challenge you to attend one of Sifu Brad's excellent workshops!

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!



January 2011



Promotions

We recognize all aikido students who tested successfully in December:

Adults

Gerald E. 9th Kyu
Patrick L. 8th Kyu
Colleen M. 7th Kyu
Shannon K. 7th Kyu
Tim O. 5th Kyu
Reg N. 5th Kyu
Marcel L. 3rd Kyu
Stuart K. 3rd Kyu
Ron M. 1st Kyu

Kids

Lacey S. 14th Kyu
Rachel T. 14th Kyu
Eleanor P. 14th Kyu
Jean Luc P. 14th Kyu
Julia S. 9th Kyu
Stephanie T. Jr. 8th Kyu
Tamara K. 7th Kyu

December was a fantastic month for aikido testing, with an unusually large number of upper rank tests. All students are commended for their excellent presentations, and special mention to Ron M. as 1st Kyu is a benchmark for him, and for our School!

Congratulations!

Brad Sensei/Sifu asked that I pass on best wishes from the Schultz Family to each member of our martial community and their families. May 2011 be both happy and prosperous for you and yours!



Announcements

Abundant Peace is pleased to announce that we are holding an aikido seminar with David Goldberg Sensei, scheduled on the 19th, 20th, and 21st of February 2011. This is the first time in our history that we have sponsored such a special event; clear your calendars and make the time to attend and support it!

We will celebrate our 15th Anniversary this year, a wonderful benchmark for our community. Look for a special anniversary event in the coming months.

Aikido Special Training is scheduled for Friday, 21st January 2011 from 6:30 to 9:30 PM. Sensei will focus on the principles, art and skill of ukemi, including falling and rolling, sincere attacks, connection, and the general importance of ukemi in the aiki learning process. This is a review and continuation from special training in December of 2010. All ranks are welcome!

Dojo Care. For the month of January, we will wash the mats on Saturday the 15th. Aikido students are asked to arrive at 1:30 PM; practice will begin at the regular time.

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

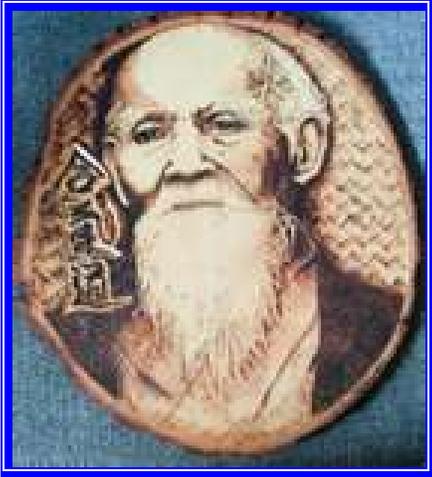
Holiday Gathering. Our thanks for Judith for opening her lovely home to our martial family for our festive get-together in December, it was much appreciated.

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?

The Beginner T'ai Chi class will hold their "second cross hands noodle night" on the evening of Saturday, 8th January 2011.

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

O Sensei's Wisdom



There are no contests in the Art of Peace. A true warrior is invincible because he or she contests with nothing. Defeat means to defeat the mind of contention that we harbor within.

-Morihei Ueshiba-



Search for Adequacy!

As mentioned on page one of this newsletter, December was a remarkable month in terms of the unusually high number of upper level aikido tests that were held. Reg and Tim to 5th Kyu; Marcel and Stuart to 3rd Kyu; and, most notable of all, Ron to 1st Kyu!

Many of us joke about the challenges that our aiki journeys offer; we laugh knowingly and our endless "search for adequacy". All jokes aside, Brad Sensei asked that I convey his congratulations to all on what were all very strong presentations of their growing aikido skills!

-Photos Courtesy of a Variety of Sources-



David Goldberg Sensei



David Goldberg is the Chief Instructor of the River of Life Dojo in Fort Washington, Pennsylvania. In his youth, Goldberg Sensei trained in the arts of Okinowan Kenpo (a very effective and classical style self-defense oriented Japanese Karate) and Tae Kwon Do (a Korean style of Karate developed for the military. In its origin developed primarily for the use of kicking enemies while protecting a weapon such as a rifle or sword.)

After college, Sensei continued his training in the martial arts. In 1983, he found Aikido, and has been training ever since. He currently holds the rank of Godan (5th degree black belt).

He began his training in the Kokikai organization with Michael Wirth Sensei under the direct auspices of Shugi Maruyama Shihan, and graded to the rank of Nidan (2nd degree black belt). He then studied under Fumio Toyoda Shihan for one year.

Since 1993, he has studied under Mitsugi Saotome Shihan, founder of the Aikido Schools of Ueshiba (ASU) organization. As a direct disciple of Morihei Ueshiba, the founder of Aikido, Saotome Shihan is renowned throughout the world of Aikido and martial arts.

Goldberg sensei received his Sandan (3rd degree black belt) from Saotome Shihan directly in 1995, his Yondan (4th degree black belt) in 2001 and Godan in 2008. Goldberg Sensei continues to study actively under Saotome Shihan and his senior instructors. Goldberg Sensei has also traveled to Hombu Dojo, the Aikido World Headquarters in Tokyo, Japan, to train with Moriteru Ueshiba Doshu, the head of the living Aikido lineage.

Sensei leads lively classes, deeply rooted in Aikido principles, with focus on martial awareness. In every class he teaches, he brings a blend of martially effective and spiritually lively training. Goldberg Sensei hopes to help each student find their own 'dependable calmness.'

SEMINAR TIMETABLE

Sat 19 Feb 11: 7:00 to 9:00 PM

Sun 20 Feb 11: 10:00 AM to NOON

Sun 20 Feb 11: 1:30 to 3:00 PM

Sun 20 Feb 11 3:30 to 5:30 PM

Sun 20 Feb 11: Evening Social

Mon 21 Feb 11: 10:00 AM to NOON