



ABUNDANT PEACE AIKIDO & T'AI CHI

Connections

Editorial

March 2010

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!

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!



I write these comments the morning after an amazing gasshuku experience; ten of our intrepid aikido students, including several beginners, took part in this all day seminar on Sunday February 28th. This proved the ideal cap on a very active month for our school, one that definitely "left a mark" on this writer, physical and mental!

The level of activity we saw in February marks an outstanding start to 2010. Our beautiful web site continues to bring us new students; attendance in each of our programs has reached new levels; the Chi Gong course on 21 February was very well attended; most of our Fall '09 t'ai chi beginners have chosen to remain and continue their studies; and, we have an enthusiastic and talented group of students in our Spring 2010 beginner t'ai chi course.

This increased pace, placed alongside our already active regular training schedule, is very exciting; but, it also brings with it some additional challenges as well. The good news is that, with so many committed and energetic members, our Community will rise to these challenges and continue to grow, thrive, and better itself. You are each an essential part of that process; each member weaves bits of themselves into the tapestry that is our school, and we are richer for it.

Stuart

Corporal Francisco Gomez Memorial Library

The Corporal Francisco Gomez Memorial Library went live as scheduled on Sunday, February 7th; thanks to our two volunteer librarians, Ineke C. and Reg N. Books are available to be signed out, but we are still seeking donations; books, magazines, DVD's, and cash are all welcome. Please support your Library, and "complete the circle" by using this wonderful resource!



Promotions

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



Kids

- Leo M. Jr. 14th Kyu
- Tristan A. 14th Kyu
- Hanna S. 14th Kyu
- Jorden P. 14th Kyu
- Jasper W. 14th Kyu
- Nikola K. Jr. 12th Kyu
- J.D. G. Jr. 12th Kyu
- Patrick F. Jr. 12th Kyu
- Cassidy D. Jr. 12th Kyu
- Ethan T. Jr. 12th Kyu
- Airk M. Jr. 12th Kyu

Adults

- Binoy P. 9th Kyu

Congratulations!

Spring Course Calendar

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

Announcement

Congratulations to the Spring 2010 Beginner T'ai Chi class; your talents and effort have brought you to the first milestone in your study, the first "cross hands". We will celebrate this achievement with your first "noodle night" on Saturday, March 13th @ Leaf Garden Restaurant on St. Albert Trail.

Specials!

Spring Special: great news! Our spring special, where members of our school are invited to try the "other art" free for one month, has been extended through the month of March! 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 now extended to March 31st, so act quickly!

Family Special: we are also pleased to announce that the Family Day Special, where family members of our present students are able to attend one month of classes, either aikido or t'ai chi, absolutely free, has also been extended! This offer now ends March 31st, so act now!



Announcements

Aikido Summer Camp will be held from 25 July through 1 August 2010 in Glenwood Springs, Colorado.

Several of us are planning to attend, and would like to have you join us. **Space is limited...so, register early!** Register at www.boulderaikikai.org/sc. Look for more summer camp information elsewhere in this newsletter.

Saotome Sensei has announced the dates of his next Seminar at Aikido of Missoula; it is scheduled for the weekend of 24 to 26 September 2010. This is always a special trip for our aikido students, so make plans to travel with us and experience the amazing talent of our Most Senior Shihan!

Aikido Special Training will be held on Friday, 19 March, 6:30 to 9:30 PM. The theme will be Randori, and dealing with multiple attackers, with a focus on timing, blending, entering, and non-struggle.

Dedication Ceremony: We still intend to hold a dedication ceremony to formally launch our Library and Aiki Shrine; this will be scheduled as soon as possible. Members will be notified in advance!

Finally, remember to always keep an eye on www.abundantpeace.com for an up to date list of seminars, courses, and events. Check back often to see "what's new"!



"We Made It" - the tired but happy group that attended Gasshuku on 28 Feb 2010.

Leadership

This is a favorite subject of mine, as many of you know. I have had the privilege of being in leadership roles in many different times and places, and have gained from each of these; at that same time, I am still surprised by how often true leadership is misunderstood, or misapplied.

True leadership is an act of service to the group or community as a whole; it is never an act of ego, or of self-promotion, it is a shame that so many of our public figures, when they find themselves in a leadership role, forget those simple principles!

Gratefully, that is not the case within our Dojo Community; many of our members are taking active and powerful leadership roles within our School. Marcel built a beautiful web site; Joseph has guided our web based marketing; Shawn has taken on the role of Social Director; Joo & Michelle helped film our videos, and volunteered their home for our Christmas Party; Bobby donated a dust mop; all of our senior students, from both sides of our School, have taught classes at the Dojo, and for outside events; and finally, Ineke and Reg have taken on our Library!

That list was long, but not exhaustive; I regret anyone that I have failed to mention by name. Each of these is an example of members taking a leadership role, one that has been essential to the growth and success our Dojo had undergone in recent years. Speaking for the group, I offer thanks to each of you, for that contribution; that done, I also ask for more of the same!

As our Community grows, the challenges become such that they cannot be met by one person, by our Sensei alone. To ensure that we continue to offer an exceptional martial training experience will take leadership from each and every member. This may take many forms, as we have seen in the past; you may even have ideas that we have not yet considered and, if you do, please share them with Sensei!

Traditional martial study required the student to contribute more than just money to the welfare of the Dojo; that differs greatly from the standard North American model, where we simply pay our fees and attend our classes. By taking on a leadership role within our Community, you give yourself the chance to understand a bit more about leadership, and to connect with the martial tradition on a deeper level. Your reward for this commitment is very simple; you will enhance the training experience for yourselves, and for the group as a whole.

We share this Community, one in which we are all free to act without fear; please step forward and keep that Community healthy!

-Stuart-

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



This year will be the 30th Anniversary of the Aikido Summer Camp, sponsored by Boulder Aikikai and held at Glenwood Springs, California. This week long seminar will

feature Saotome Shihan, Frank Doran, and Ikeda Shihan, and is a fantastic opportunity to accelerate your aiki study.

Some things to know: space is limited, so register soon if you wish to attend; the cost for the event is \$730 (USD), which includes lodging, meals, and the seminar fee; and, a group of us will be going...so, if you wish to join us you will not make the journey alone!

For details, see the Dojo Notice Board!

-Stuart-



The combined t'ai chi classes demonstrating the yang style mini-set!



Bujin Design Closing

Bujin Design is the martial arts supply company owned by Hiroshi Ikeda Shihan, one of our most respected teachers. For reasons that are not yet clear, they have announced that this fine Company will be listed for sale, but if no buyer is found that sales will cease at the end of March.

This is sad news indeed; Bujin has been a very dependable source of dogi, hakama, and training weapons, all of the finest quality and reasonable prices. Many of us use these products in our training, and will now have to seek out a new supplier. In the meantime, if you were considering a purchase from Bujin Design, you will need to make that decision right away; perhaps there is enough interest for a bulk order?