



# ABUNDANT PEACE AIKIDO & T'AI CHI

# Connections

Editorial

March 2011

Due to limited interest morning keiko has not yet resumed. We hope that will change in the near future and will keep everyone posted as things develop!



February was an exciting month! We hosted what proved to be a very successful Aikido seminar, with David Goldberg Sensei. This is no mean feat, as there is always plenty of work involved in making this sort of event successful; Sensei Brad, asked that I pass on his thanks and appreciation to all who assisted, and to those who

made time to attend, what was our first such seminar in many years.

Given that our seminar was a resounding success, and in view of the strong and positive connection that was forged between our community and Goldberg Sensei, planning for the 'second annual' such seminar is already underway.



This special event is just the beginning; 2011 promises to be a banner year for our School and Community. Cyndy Hayashi Sensei is back in Edmonton later this month, in April a group of us will once again travel to Missoula, this time to train with Hiroshi Ikeda Sensei, and in May it appears that two or three of our students will reconnect with David Goldberg Sensei by attending a four day 'bridge seminar' at his dojo, the River of Life Centre in Fort Washington, Pennsylvania.

Not to be outdone, on the T'ai Chi side we celebrated the graduation of one beginner class, and the commencement of a second; we welcome these new students to our school and hope that their connection with us will be both immediate and lasting.

Let us hope that spring arrives soon; and that with it we may resume training outdoors. Until the sun shines, remember to train with joy!

Stuart

## Corporal Francisco Gomez Memorial Library

February marked the first anniversary of our Library; that is a significant milestone, one



we should all be proud of. That said, this benchmark is also an opportunity to take stock of what we have built, and to resolve going forward that we will not allow the momentum to recede, that together we will take this to the next level.

In recognition of this Anniversary I challenged each member of our community to do two things sometime in the next six months; first, borrow something from our Library and read it, and second, make a donation of a book or other media. I include this challenge again, to ensure it does not get forgotten or overlooked.

As Goldberg Sensei shared with us, living in the moment means letting go of both our successes, and our failures. We therefore must never rest upon what we have achieved; we must resolve to do more!



## Promotions

We congratulate those of us who were promoted in February of 2011:

### Adults

Abby N. 7<sup>th</sup> Kyu  
Omar S. 7<sup>th</sup> Kyu

# Congratulations!

## Spring Course Calendar

**Weekend Retreat "Meditation Made Easy"**. Find out how easy meditation is, and learn that anyone can do it! Meditation is an ideal vehicle for developing a base of relaxation and stress reduction in your life. It is the process for opening the "gate" to your inner self and source. Rather than a way to escape from life, meditation is an ideal means to greater clarity and presence in moment-to-moment living. Various methods are explored, with an emphasis on practical application in daily living. This retreat optionally includes meals and accommodations; speak with Sifu Brad for further information, or to register.

March 19<sup>th</sup> and 20<sup>th</sup>, 2011; \$280

**Emergency and Preventive Self Defense.** Discover simple yet very effective ways of emergency and preventive self-defense in this one day program. You will learn basic skills that you will be able to immediately use to make yourself safer, and more capable of handling any situation. This program offers a no-nonsense and practical approach teaching effective techniques that do not require size, strength or special skill.

Self defense is a life skill; become safer in your home, on public transit, on the street, in your vehicle, or at any time you may find yourself in a dangerous situation.

Sunday, 15 May 11, 2:00 to 5:00 PM, \$75

## Announcement

We welcome another enthusiastic group of Tai Chi beginner students to our community. We hope you will be comfortable here, and that this will become the beginning of a life long and rewarding journey!



## Announcements

Aikido of Missoula will host Hiroshi Ikeda Shihan on the weekend of 15<sup>th</sup> through 17<sup>th</sup> April 2011. A number of us are planning to attend, and we have pre-booked hotel rooms at the Days Inn, across the street from the Dojo. This is the next exciting seminar opportunity; Ikeda Shihan is a highly skilled and exceptionally powerful practitioner and teacher; make the journey if you can. When we travel to Missoula as a group, a fabulous time is always had by all! Ask anyone who has made the trip before, or check for seminar details at [www.aikidomissoula.com](http://www.aikidomissoula.com)

David Goldberg Sensei will host a four day Bridge Seminar from May 12<sup>th</sup> to 15<sup>th</sup>, and a few of us may attend; Speak to Stuart or Shawn for more information.

Spring 2011 T'ai Chi Beginners Course began Saturday, February 5<sup>th</sup>. This large group of enthusiastic students is progressing quickly; they will very soon reach the first "cross hands" of the set! This means two things: first, they will then know the "mini-set" and have the opportunity to practice this complete routine, and second, they will celebrate with their first noodle night!

Dojo Care will be done on Saturday, March 19<sup>th</sup> from 1:30 to 2:00 PM.

The final "Noodle Night" for the Fall 2010 T'ai Chi course took place on the evening of Saturday, February 26<sup>th</sup>, and was both well attended and thoroughly enjoyed. Many of this group have chosen to continue their study of T'ai Chi and are now part of the intermediate and advance class. Welcome!

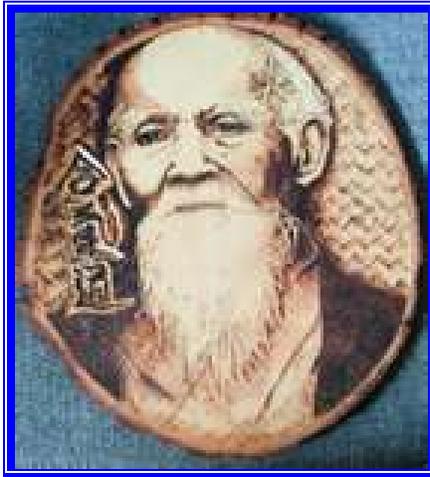
David Goldberg Sensei



### Special Training

*Aikido students of all ranks are invited and encouraged to attend our Special Training session, which is scheduled for Friday, 11<sup>th</sup> March 2011 from 6:30 to 9:30 PM. The theme this month is Skill Enhancing Drills. These simple and enjoyable exercises will help us to make every aspect of our aikido more effective!*

O Sensei's Wisdom



*"Opponents confront us continually, but actually there is no opponent there. Enter deeply into an attack and neutralize it as you draw that misdirected force into your own sphere."*

-Ueshiba Morihei, O Sensei-



Our thanks and appreciation to David Goldberg Sensei, for giving us an energetic and challenging seminar; we were left with much to work on, between now and our next opportunity to practice together. Thanks as well to all who assisted in organizing this event, and to those who took part!