



ABUNDANT PEACE AIKIDO & T'AI CHI

Connections

Editorial

November 2009

Rolling Clinic



We have just returned from another outstanding Aikido seminar; this time in Bozeman, Montana, at Big Sky Aikido, with George Ledyard Sensei. As expected, the seminar content was vast and challenging, and the Dojo Community in Bozeman, under the leadership of Greg Olsen Sensei, was both fun and welcoming. All three of us enjoyed the experience, and look forward to our next connection with Big Sky Aikido, and with George Ledyard Sensei!

On the drive back, I took some time to think about our Newsletter; once again I thank all of you for your support and feedback. This month, you will notice some format change, as we will no longer devote one page each to Aikido and T'ai Chi; instead, we will blend the content together, and hope this change will better reflect the sense of unity and community that exists within our Dojo.

Every November, we pause to remember those brave Canadians both past and present who sacrifice for our right to live as we choose. This Remembrance Day will have a special meaning for our Dojo, now and into the future.

Finally, the motto of Big Sky Aikido is "Train With Joy"... tough to argue with that!

Stuart

Congratulations!

The fall T'ai Chi beginner's class began on Saturday, 19 September, 2009; they worked very hard together, and have already reached their first milestone, which is the completion of the "mini-set". We congratulate them on this significant achievement! They will celebrate the accomplishment with their first "Noodle Night" on the evening of **Saturday, 14 November 2009, at 5:30 PM at Leaf Garden Restaurant**; all members of Abundant Peace Aikido and T'ai Chi School are welcome to share in this celebration!



In Remembrance

The photograph shows Corporal Francisco Gomez, a member of Princess Patricia's Canadian Light Infantry, who was killed in Afghanistan on 22 July 2006. In the words of his brother, Robert:

"Francisco loved the army, he traveled the world and saw things, some good, some bad. He met people from all cultures, who all shared the same basic humanity, mother caring for her child, father caring for the family.

Francisco believed in the continuous existence of life, after physical death. My oldest daughter who at the time was 6 years old saw Francisco in the basement and tried to let her grandmother know but it was late at night.

Francisco began Aikido while based in Winnipeg, he applied himself to the teachings he learned as most things have more than one meaning.

He enjoyed helping people."

In addition to being a courageous soldier, Francisco was an enthusiastic student of Aikido. His family graciously donated his books and training records to our school; we will use these to establish the Francisco Gomez Memorial Library.

We will hold our first annual "Rolling Clinic" and "Roll-a-Thon" as a fundraiser for autism research on Saturday, 21st November from 1:00 to 4:00 PM. This is a great opportunity to take your ukemi training to a new level, while raising money for a great cause.

We need everyone: rollers, sponsors and an audience, to make this event a success; all skill levels are welcome, as we will follow a clinic format; kids and adults are encouraged to attend; and, students of both aikido and t'ai chi should take advantage of this event to develop this crucial life skill!



Fall Course Calendar

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, 29 Nov 09, 2:00 to 5:00 PM

Chi Gong is a wonderful warm-up, warm-down, and has many health benefits; students of both aikido and t'ai chi should try and attend this afternoon seminar, as this will complement your training routines!

Autumn Hollow Animal Sanctuary will hold their annual gift and bake sale on the 5th, 6th, and 7th of December, from 11:00 AM to 7:00 PM each day. Come and support this great cause, by taking home some wonderful treats!



Announcements

Sensei Brad asked me to express his thanks to all students who looked after classes during his trip to Seminar!

Aikido Special Training will be Tuesday, 17 November 2009 from 6:30 to 9:30 PM. The theme will be "Principles of Aiki" with a special focus on material from the seminars with Saotome Shihan and Ledyard Sensei.

Dojo Care Session. The mats take a beating, so it is time for our next session of dojo clean-up and mat maintenance. We will do this on Saturday, 28 November 2009; we will hold **aikido class from 1:00 to 3:00 PM; dojo care from 3:15 to 4:15; and t'ai chi from 4:15 to 5:30.** We have a very special training facility; please join us in helping to keep it that way!

Remembrance Day Class. Evening classes will be held as usual on Wednesday, 11 Nov 09. We will also hold a morning aikido class, from 8:00 to 9:30 AM, followed by a "no-host" breakfast. Mat fee for the morning session is only \$10.00!

Finally, remember to always keep an eye on 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.



Promotions

Kids
Paige O. 14th Kyu

Adults
Joel A. 8th Kyu
Randy N. 8th Kyu
Casey B. 9th Kyu
Cameron H. 9th Kyu
Chris H. 9th Kyu
James M. 9th Kyu
Reg N. 9th Kyu
Marc P. 9th Kyu

Congratulations!

For New Members



You will notice that the mats are always swept before and after our classes. This is done for the practical purpose of removing dust, etc from the mats, but is also done as an act of symbolic purification.

This is an important task that must be shared by all students, and must never be viewed as menial or demeaning. Sweeping is never assigned; students must take it upon themselves to perform this function. If you would like to learn more about this practice, ask any of our senior students!

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!

Seminar Review



Sensei Brad and two of our students drove to Bozeman, Montana, to attend a seminar with George Ledyard Sensei, Owner and Chief Instructor of Aikido Eastside in Bellevue, Washington. He is a Senior Student of Saotome Shihan, but has also brought his own perspective to the art.

The seminar focused on the Principles of Aiki, and the Elements of Connection, core principles that must become part of every student's understanding. His instructional style is fun, energized, and effective; students of any rank and experience level will gain from exposure to this teacher. We enjoyed the keiko, and the connection with the Bozeman Aikido community.

Ledyard Sensei has also made an enormous contribution to Aikido through the creation of a series of excellent DVD's. To our knowledge, there is no other source for information of this depth, and we encourage all serious students to view these at their first opportunity.

-Stuart-



Corporal Francisco Gomez Memorial Library

On behalf of Sensei Brad, and the Family of Corporal Francisco Gomez, we are proud to announce the formation of the "Francisco Gomez Memorial Library. This special project will be launched with books and training records donated by the family of Cpl Gomez, and will be developed into an excellent resource for students of both Aikido and T'ai Chi.

We need your help! We have found a secure cabinet that will house our Library; we will also welcome donations of books, videos, DVD's, and other materials related to Aikido, Chi Gong, or T'ai Chi; finally, and most importantly, we need a volunteer to become our first ever "Library Manager".

Please let Brad or Stuart know if you are able to help us with this worthy endeavor.

-Stuart-

T'ai Chi Mini-Set

The T'ai Chi beginner class have reached the first "cross hands" move in the 108 piece Yang set. This benchmark is significant on its own merit, but also because this "first third" of the whole set is also a "mini-set" that can be practiced on its own, to begin to reap the many health benefits of regular t'ai chi practice.

To perform the mini-set takes only a few moments, and needs very little space; it also forms the foundation needed to learn the rest of the full set. Regular practice will help the learning process, can be easily done, and feels wonderful! With the approach of the "silly season", a time of year when we all tend to eat too much and do too little, I encourage every student of t'ai chi, both novice and advanced, to do at least the mini-set once each day!

-Stuart-

Announcement

One of the many special characteristics of Abundant Peace Aikido and T'ai Chi is that we are more than just a school, we are a community. Our connection to the Dojo, and to that community, extends beyond the mats, and beyond our training experiences.

This special connection manifests itself in many ways, but most especially in the social events we have held together. We recall especially the dinner for Sensei Brad's birthday, as well as our Anniversary and Christmas functions.

As our community continues to grow, it may become more challenging to maintain this sense of family; to maintain this, Sensei Brad is pleased to announce that Shawn C. has agreed to take on the role of Volunteer Social Director within the school. Those who know Shawn know that our events will be truly memorable!