



ABUNDANT PEACE AIKIDO & T'AI CHI

Connections



Editorial

Our school and community are in the midst of a significant transition. As our numbers continue to increase, we experience an "expansion" of our energy level; at the same time, the challenge of meeting the training needs of each of our students grows with it.

The good news is that we have the talent and commitment, among our present members and our new, to rise to those challenges! Change is our constant companion and, although change can present many dangers, it is up to us to make change become an opportunity.

We have exciting times ahead; I look forward to sharing that journey with each of you!

Stuart

Autumn Hollow

Autumn Hollow Animal Sanctuary will hold their annual Christmas Open House, Fundraiser, and Bake Sale, on the weekend of 20th and 21st November 2010, from Noon to 6:00 PM each day.



Autumn Hollow is a voluntary, entirely non-profit venture, run at great personal and financial cost. The Open House is a great chance for our community to support this worthy cause, and I encourage everyone to make some time to drive out, see for your selves the great work they are doing! Meet some of the residents, and buy up some of the best baked goods anywhere around!

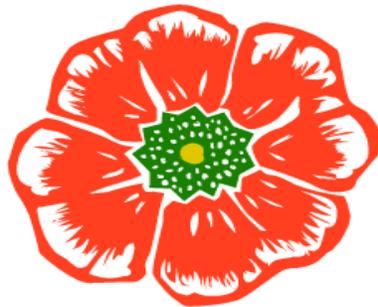
The shelter is located near Alberta Beach, a lovely afternoon drive! Directions are available from Brad; make time to come out and support this great cause!

Stuart

November 2010

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!



REMEMBRANCE

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. It also makes a thoughtful Christmas gift for loved ones! These are available from Sensei Brad, for only \$20.00, so get your copy today!

Fall Programs

Our fall seminars are listed below; these are open both to current members and the general public. For members, these programs are an excellent support to your present study of either aikido or t'ai chi.

Five Element Chi Gong

Chi Gong means "working with your life energy". The Five Element set is an ancient Chinese routine that combines holding postures with gentle movement. It restores strength, and the balance between the five major organs in the body, and will help you establish relaxation and mental clarity. Five Element will cultivate your Chi, or life energy, and can change your life!

Sunday 7 November 2010 2:00 - 5:00 PM

Chi Gong 101: A Complete Workout

This two part workshop offers a complete Chi Gong routine you can practice on your own, and receive the benefits of a complete system. It encompasses the five stages of a complete workout, including clearing, healing, and building the energy and body; a special emphasis on both the meditative and movement aspects of Chi Gong. This one routine offers the health building and maintaining skills to last a lifetime!

Sunday 21 November and Sunday, 28 November 2010; from 2:00 to 5:00 PM

Please note: early morning keiko continues on Thursday mornings only; the mat fee is only \$10.00; join us if you can!

Holiday Keiko

On Thursday, 11th November 2010 we will offer our regular "Holiday Morning Keiko"; the practice begins at 8:00 AM, and lasts until 9:30. For those interested, we gather at Ricky's on Kingsway for breakfast after the practice. The mat fee is \$10.00, and breakfast is up to you...please join us!!



Announcements

The Hayashi Sensei Seminar, previously scheduled for 10 and 11

September, is now slated for the weekend of 5 and 6 November. Hayashi Sensei is a gifted teacher, who brings both a strong martial presence and sense of fun to the mats. Conducted jointly with Sensei Tom Davidson of Northern Alberta Aikikai, it is also a chance to connect with the wider Aikido community in and around Edmonton. All ranks are welcome; bring your training weapons; and, clear your calendars!

**Friday, 5th November 2010
6:30 to 8:30 PM**

**Saturday, 6th November 2010
1:30 to 3:30 PM
5:30 to 7:30 PM**

Pot Luck Supper to Follow!



Aikido Special Training is scheduled for Friday, 19th November 2010 from 6:30 to 9:30 PM. Sensei will focus on some of the many lessons learned at the Saotome Sensei Seminar. All ranks are welcome!

Dojo Care. For the month of November, we will give the mats a good washing on Saturday, 13th November. Aikido students are asked to arrive at 1:30 PM; this will give us enough time to wash the mats, and still begin our practice at the regular time.

Noodle Night. Our Fall 2010 Beginner T'ai Chi Class celebrated a significant milestone when they reached the first "cross hands" in the Set; this was marked by their first "Noodle Night" at Leaf Garden Restaurant. Congratulations to all for the diligence and effort that led to this achievement!

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?

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



Promotions

Congratulation to those promoted in October:

Adults

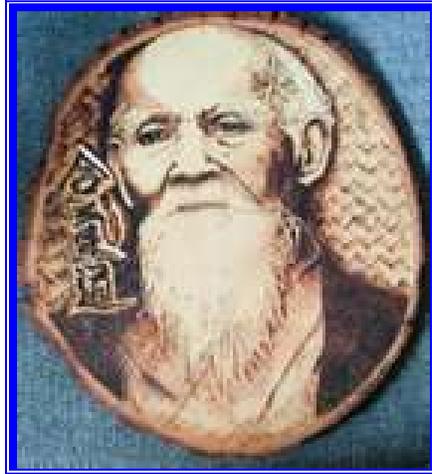
Helen S. 9th Kyu
Shannon K. 9th Kyu
Colleen M. 8th Kyu
Abby N. 8th Kyu
Shannon K. 8th Kyu

Kids

Lacey S. Jr. 14th Kyu
Peter C. Jr. 14th Kyu
Eleanor P. Jr. 14th Kyu
Jean-Luc P. Jr. 14th Kyu
Cassidy D. Jr. 14th Kyu
Rachel T. Jr. 14th Kyu
J.T. B. Jr. 14th Kyu
Airk M. Jr. 11th Kyu
Cassidy D. Jr. 11th Kyu
Nikola K. Jr. 11th Kyu

Congratulations!

O Sensei's Wisdom



"Foster and polish the warrior spirit while serving in the world; illuminate the path according to your inner light."

-Morihei Ueshiba-



Health Tip: drink two glasses of water when first waking to activate the body, one before each meal to aid digestion, one before bathing to lower blood pressure, and another before sleep for coronary health!

Beginner Skills Program

Beginning in November, we will manage the training of new aikido students following a format quite different from that presently in use. The aim of this change is twofold; first, to ensure that our new white belt students receive consistent and effective instruction, and second, to do a better job of building within our intermediate student population, defined as those from 9th Kyu to 7th Kyu, a more effective and consistent coaching and instructional methodology.

All members of our Community understand the value of working with junior students; we share the belief that it is through teaching that we learn the most. Our focus and commitment to effective teaching will be enhanced by our new process, which we will call the "Beginner Skills Program".

This Program will be offered during each scheduled class, and will see one member of our "Advanced Class", defined as 6th Kyu and above, assigned to work with white belt students. This Instructor will be assisted by an intermediate student, to be assigned by Sensei Brad at the beginning of each class.

The Instructor and Assistant Students will devote that entire class to teaching the Beginner Skills Program; the goal will be to ensure that our beginners receive the very best instruction; to enable them to advance in rank as efficiently as possible; and, to help them transition to full participation in all aspects of our community.

Sensei Brad asked that I communicate to each of our volunteer student instructors his thanks for their willingness to serve our community in this expanded leadership role. The teaching schedule will be published separately, and the Beginner Skills Program will begin on the evening of Tuesday, 2nd November 2010!

Method of Instruction

As part of our "Beginner Skills Program" we will also focus more directly on our method of instruction. This will be the subject of future newsletters; to begin, we must all be patient, and focus on first identifying and sharing with the trainee the things which they are doing well. We can then build on those strengths by offering suggestions to improve. When we offer those suggestions, we must do so respectfully, and limit our guidance to "one thing at a time".

The focus must always be on helping the beginner develop strong basic principles, rather than perfection in technique. After all, we will continue to practice those same techniques, over and over, for many years; our ability to do that will depend upon how quickly we instill those basic principles.