

Connections

The Newsletter of Abundant Peace Aikido and T'ai Chi School

NOVEMBER 2011

VOL. #11 ISSUE #11

Editorial

The demands of my public and private avocations continue to keep me from the Dojo; I apologize for that, and regret that this absence has been so long. Sensei asked if I still wished to continue to create these newsletters, and I said that I did; unfortunately, for the moment they are the only connection I am able to maintain to our community.

Our martial community continues to thrive, and certainly adds value to each of our lives. This is something we must all treasure, and nurture, in turn. I look forward to my own personal return to the mats!



Remembrance Day

This Friday is Remembrance Day, 11/11/11; the day we “set aside” to honor those who have served our Nation in time of war... at least in theory. From what I see, too many of us take advantage of this statutory holiday and treat it like any other. How easily we forget!

Most of us already know that Remembrance Day was originally chosen in recognition of the moment that the guns fell silent to mark the end of the Great War; 11:00 AM on the 11th of November, 1918. Arguably the greatest slaughter in human history, but in many ways it was in this crucible of suffering that Canada first became truly recognized as a nation unto itself, so much more than a colony of Great Britain.

Canada had a population of six million, at the time of the First World War. Some six hundred thousand served, and roughly sixty thousand were killed. Imagine the impact on our society today, if ten per cent of us had served in Afghanistan, and if one in every ten of those were killed in action. Think about that, this Friday, and set aside a moment to remember.

Promotions

We congratulate those members of our aikido school who were promoted in October:

Kids: William H. Jr. 14th Kyu; Brynn G. Jr. 13th Kyu; William H. 14th Kyu.

Adults: Leigh F. 9th Kyu.

We also congratulate the members of our beginner T'ai Chi program who achieved the significant milestone of the first “cross hands” in the set. They will celebrate together with their first Noodle Night; details for this event will be available at the School.

Beginner Skills

Senior aikido students are reminded that we must all commit to at least one or two beginner skills classes each month. Reg has created the schedule for November, and has it posted on our board; please choose the days you can handle, and post your name.

Remember as well our Library, named for a member of the Canadian Forces, Corporal Francisco Gomez, who was killed in Afghanistan. The Library exists for all to enjoy.

ANNOUNCEMENTS

Special Training for the month of November will take place on the evening of Friday, the 18th, from 6:30 to 9:30 PM. The focus of this mini-seminar will be material gleaned from the recent Saotome Sensei Seminar in Missoula. Special focus on the important principles of aiki, awase, and kuzushi; blending, connection, and balance/centre taking. This training is open to all ranks, so please join us if you can.

Classes will be held as scheduled during the weekend of 11th through 13th November. Sensei asked that I extend his thanks to those students who agreed to cover class!

Dojo care and mat cleaning will take place on the afternoon of Sunday, November 20th from 4:00 to 5:00 PM. Students of both Aikido and T'ai Chi are invited to come in and join in as we care for our wonderful "place of the way".

Training supplies such as uniforms and weapons are available for purchase through the School. Prices are competitive; you can be guaranteed that the goods you acquire will be of sufficient quality for the rigors of our training; and, the convenience of having these items delivered to you at class cannot be beat! Ask us for details.

New at www.abundantpeace.com is our new T'ai Chi video, pictures from the recent trip to Missoula. Coming soon are new Aikido, Kids Aikido, and self defense videos. Check our web site regularly, as it is always kept fresh by our Web Master; in addition to the regular events pages and the like, there are always new videos, articles and story pages.

We have an opportunity to support a worthy cause, and take care of our 2012 calendar needs at the same time. See Sensei Brad to purchase a 2012 Calendar, featuring family pets who have received cancer treatments through this worthy program. Calendars are only \$15.00 each, every penny of which goes to this charity.

Sensei Brad is pleased to announce the launch of a new Health Newsletter! This on line publication will cover a wide range of general health related topics, with a special focus on the blending of timeless wisdom with modern science and technology. Check it out at www.improvehealthnow.net or ask Brad for details.

Aikido of Missoula will host Tatsunori Imamura Shihan for a seminar on the weekend of 20th through 22nd April 2012. Further details will be made available as they are known, and if sufficient interest exists we may try to organize a van large enough for all of us to travel together.

Fall Course Schedule

Sitting 8 Pieces of Brocade Chi Gong
Sunday, November 27th 2011, 2:00 to 5:00 PM

This is a gentle set of eight easy to learn movements, different from the standing set, which will build good health, mental clarity, and increased flow of energy throughout the body. It is very meditative and internally focused; a great way to energize at the start of your day, or to wind down at the end of it.

For Beginners

We welcome all of our new members to our school, and to our community; we hope your time here will enrich your lives, the way it has for so many of us. Your martial training experience will range from zero and up... no matter how much time you have spent training in the past, this is a new environment for you, and we want you to feel comfortable. If you have any questions, address them to any of our Senior Students...if they cannot answer, they will find out for you!

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.

Some common sense items... first, keep your body and your dogi clean; finger and toe nails should be kept neatly trimmed; use the hand sanitizer that is available at the dojo; and, if you are feeling unwell, it is best if you either stay home, or observe class rather than participate. We are moving into a season when colds and flu are more prevalent, and adherence to these simple courtesies is both a gesture of respect, and the easiest way to prevent the spread of illness.

O' Sensei's Wisdom

"There are times when you may be overwhelmed by the teachings of the Way. At such moments, it is important to continue with the original spirit of a beginner."