



ABUNDANT PEACE AIKIDO & T'AI CHI

Connections

Editorial

October 2009

Why Tai Chi?



September is always hectic, and Abundant Peace did not escape that trend. We saw the annual Hayashi Sensei seminar, and eight of us traveled to Missoula to train with Saotome Shihan; on the T'ai Chi side, the fall course has begun with more than thirty new students!

With so many newcomers to our Community, I think it timely to mention to our senior members how important it is for us to show leadership within the School. As a young Infantry Officer, I was taught that the first duty of any leader is to those in his charge; after that same tradition must we ensure that those new to our Club are made welcome, and guided to understand a path that may for them be unfamiliar and perhaps, in spots, even a bit uncomfortable!

Welcome, to new members, and welcome back to the rest; we look forward to training with you in the months ahead!

Stuart



The fall T'ai Chi beginner's class began on Saturday, 19 September, with more than thirty students; more have started since! We still have slots open, should anyone know of someone who might be interested. Let them know it is not too late to start their T'ai Chi journey, and with so many fine coaches they are sure to catch up!

A Simple Stone

On my desk sits a simple stone; unremarkable, by any measure, kept only as a reminder of good fortune. One of the many skills we learn is that of falling, and rolling; taught in a martial context, we often forget that these are necessary life skills.

Why the stone? As I left work one evening, with arms full of papers, I slipped on a rock bed next to our parking area. Nothing special, just new gravel poured and not yet settled, on which my feet slipped out from under me. No time to think, or choose what to do, I just fell; landing squarely on my back, surprised more than anything else. As we do in these situations, I took a quick physical inventory, determining that I was embarrassed, but not injured. As I looked around to gather my homework, I realized that, when I fell back, the base of my skull had come down directly over a six inch concrete curb. I carefully felt the back of my head, finding nothing to cause alarm, and in that moment realized that the simple skill of falling, taught as part of my martial training, had likely kept me from being very seriously hurt.

The next morning, I arrived at my office and, as I sorted through the papers I had brought with me the night before, found the simple stone pictured here. It sits now on my desk, a simple stone to remind me of the simple skill of falling, and how important that skill can be.

Stuart



Hour for hour, tai chi is probably the most effective exercises to improve health and wellbeing. You can start and continue to progress to higher level no matter your age or physical condition. More importantly, tai chi helps you to know and like yourself better. This will lead you to health and harmony within yourself and with others. It is so enjoyable that millions of people around the world are practicing it.

Tai chi was created based on nature and harmony. The gentle flowing movements contain inner power that strengthens the body, improves mental balance and brings better health and harmony to people's lives.

Nowadays, tai chi is practiced in every corner of the world for health improvement, and for good reasons. Scientific studies show that tai chi improves and possibly prevents chronic conditions such as arthritis, heart disease and diabetes. In addition, it improves balance, immunity and reduces stress. In fact, tai chi improves practically any aspect of health.

-Written by Dr. Paul Lam-

Fall Course Calendar

Eight Pieces of Brocade. This is an ancient form of movement Chi Gong consisting of eight dynamic yet gentle exercises, designed to stimulate major acupuncture meridians, to restore a strong and balanced energy flow, to increase muscular strength, improve balance and aid flexibility. A great way to dissolve tension and release stress from the body!

Sunday, 25 Oct 09, 2:00 to 5:00 PM

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



Announcements

Aikido of Bozeman will host George Ledyard Sensei of Seattle, from 6 to 8 November 2009. He is a skilled teacher

and has produced a number of aikido training DVD's. The schedule is:

Friday, 6 November 2009

6:00 – 6:45 PM Registration
7:00 – 8:30 PM Keiko

Saturday, 7 November 2009

10:00 AM – 12:00 PM: Keiko
2:30 – 4:30 PM: Keiko
7:00 – 10:00 PM: Potluck

Sunday, 8 November 2009

10:00 AM – 1:00 PM: Keiko
5:00 – 8:00 PM: No Host Social

Check www.bozemanaijido.com for details. **Senior students let Sensei know if you are able to hold classes during this time!**

Aikido Special Training will be Friday, October 16th from 6:30 to 9:30 PM, with a focus on material from the Saotome Sensei Seminar at Aikido of Missoula.

Special thanks to all Club Members who took part in the "Dojo Care Session" on the 12th of September; we have a very special Dojo, both the place and the people!

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



Adults

Don F. 9th Kyu
Tim O. 9th Kyu
Jordan M. 8th Kyu

Congratulations!

For New Members

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.



Your martial training experience will vary but, no matter how much time you have spent training in the past, this is a new environment and we want you to be comfortable. If you have questions, address them to any of our Senior Students...if they cannot answer, they will find out for you!

Rolling Clinic



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!

Hayashi Sensei



Cyndy Hayashi Sensei, 6th Dan Instructor from Aikido West in Redwood California once again brought her joyous and energetic aikido to our mats on the weekend of 18 and 19 September. Thirty students, from our Dojo and others, came to experience this fantastic seminar, and all left enriched by the experience.

Keiko was unique, martial, and spirited; the interaction with Hayashi Sensei and students of other schools enlightening; and, the entire weekend was great fun! We will no doubt emulate some of what we saw at this seminar, and finally our aikido students can look forward to our own "noodle nights"!

Morning aikido classes continue, on Monday and Thursday mornings from 6:00 to 7:30 AM. All ranks are welcome to attend, and the mat fee is only \$10.00!

A Ton of Fun!

Once again eight of us traveled to Missoula to attend the annual September Seminar by Mitsugi Saotome Shihan, the Chief Instructor of ASU. This now our annual pilgrimage combines for us a number of passions; incredibly valuable training with one of the very few remaining and active students of the Founder, O Sensei; and in a vibrant and lively aikido community; companionship with others from our School in a holiday environment; and, at least one of the local microbreweries is fantastic!



There were 110 students of all ranks on the mats on Friday night, which is a new record; the crowd meant that awareness was essential to safety, and limited our falls and rolls; despite this restriction Saotome Sensei led classes that were challenging in ways both physical and mental. He would present a challenge, then another, and still another; finally, for the last few minutes he would demand we review, on our own, all he had offered over the last ninety minutes!

After Friday keiko we could reacquaint with old friends, as for many of us this was not our first trip to Missoula. Saturday morning keiko was even more crowded, as attendance swelled to more than 120; weapons training in the afternoon was held in the gymnasium of a local school, to give us room to do battle. Saturday evening was the pot luck supper; it was enjoyed by all, and we offer "special mention" to Shawn for his work in organizing our contribution!

Three of us remained to take classes on the Monday after the Seminar; as one of Saotome Sensei's senior students, Raso Sensei from Aikido of Missoula is an excellent translator of the Seminar material, which is of such depth as to be difficult to grasp in limited time. Generously, one of their students took Sensei Brad and me trout fishing in the afternoon, ensuring to have us back to classes that evening.

It was at one of our social events that Shawn pointed out that the eight of us make up at least a ton of aikidoka; speaking for all of us, the eight of us certainly had a "ton of fun" in Missoula!

Stuart

