



# ABUNDANT PEACE AIKIDO & T'AI CHI

# Connections



## Editorial

It is difficult to believe that summer has gone, and that Thanksgiving is just around the corner, but both are true!

Thanksgiving is considered a time to reflect on our own personal good fortune, and to find our own ways to express our gratitude and appreciation for those people, and those things, that give meaning to our lives. For me, one of those is the opportunity to be a part of our very special community; I value the friendships I have made, and those that have been enriched, by our shared experiences both on and off the mats.

We set a new record, at the end of September, when eight of our members travelled to Missoula, to attend the annual Aikido Seminar with Mitsugi Saotome Shihan. This was our fourth year attending this amazing event; Saotome Shihan is not only an incredible teacher of Aikido, he also shares memories of his twenty years with O Sensei, as well as a philosophy that applies the lessons of Aiki to every aspect of our humanity.

Attending this event not only accelerated our aikido training, but gave us a chance to grow our own sense of community, and to connect with the wonderful people of Aikido of Missoula. Each year, we are made to feel as though we are a part of their family, something we are very grateful for. Our collective nickname, in Missoula, was the "tonne of fun"... a nice turn of phrase coined by Ed Brown, of Missoula. We did have fun, there is no doubt of that, and we all look forward to our next opportunity to visit our Montana friends.

As we transition into the Fall season, it seems that our community grows each day; that is an exciting and positive development for all. I look forward to being a part of that growth and development, and to training with each of you in the months ahead.

See you on the mats!

Stuart

## October 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!



## Promotions

We congratulate those who were promoted in September:

### Adults

Colleen M. 9<sup>th</sup> Kyu  
Patrick L. 9<sup>th</sup> Kyu

## Congratulations!

### 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.

### Eight Pieces of Brocade Chi Gong

This is an ancient form of movement Chi Gong consisting of a sequence of eight gentle exercises. It is both easy to learn and fun to do! Designed to stimulate the major acupuncture meridians in the body, Eight Pieces will leave you feeling energized, refreshed, and ready to go!

Sunday 17 October 2010, 2:00 - 5:00 PM

### 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!



## 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!



**Aikido Special Training** for October is scheduled for Friday, 15 October 2010 from 6:30 to 9:30 PM. Sensei will focus on some of the many lessons learned at the recent Saotome Sensei Seminar. All ranks are encouraged to attend.

**Dojo Care Session.** Periodically, we make some minor changes to our training schedule, to permit us to gather as a group and give our wonderful dojo a thorough cleaning. With flu season just around the corner, the mats need some extra attention.

For the month of October, we will give the mats a good washing on Saturday, 16<sup>th</sup> October. All Aikido students are asked to arrive at 1:30 PM; this will give us more than enough time to wash the mats, and still begin our practice at the regular time.

We have a unique and special Dojo and Community; each of us must assist in caring for both!

**Range Training Day.** Earlier this year, a number of our students took part in a day of pistol shooting, at the Spruce Grove Gun Club. Some have expressed interest in holding another such event; if that includes you, please let Shawn C. know of your interest and we will put something together.

**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](http://www.abundantpeace.com) >> changes to the format of our calendars!**

## 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 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

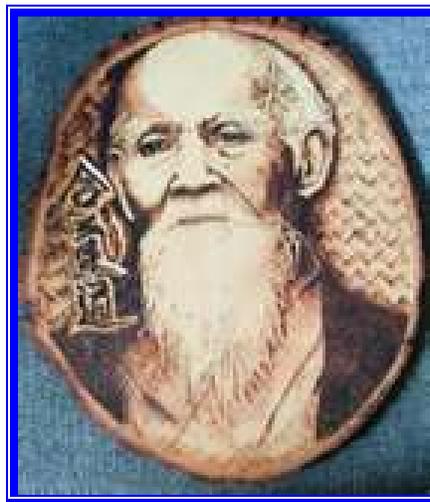
for you, and we want you to feel comfortable. If you have any questions, address them to any of our Senior Students...if they cannot answer, they will find out for you!

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.

Finally, please remove all jewelry before joining us on the mats, to prevent injury!

## Sensei's Wisdom



*Progress comes to those who train and train; reliance on secret techniques will get you nowhere.*

-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!**

## "Tonne of Fun"

Our annual pilgrimage to Missoula, Montana, to attend the Seminar presented by Saotome Shihan, was once again a roaring success. Eight of us attended the seminar, and two friends joined us because the trip is always a "tonne of fun"!



Special thanks to Shawn and Bobby, for creating our "team shirt"; this attracted so much attention that we have been asked to do a new design next year and to bring extras so our Missoula friends can buy them!

The training was, as always, exceptional. Saotome Shihan moves beyond simple technique, exploring the true foundations and principles of Aiki. The opportunity to take part in that exploration is a wonderful gift, and gives each student the chance to deepen their understanding of these principles.

Sensei Brad asked that I extend his thanks to each of our members who made time to join us this year. Our strong and ongoing participation in this amazing event benefits our entire School; first because we bring home the things we learn, benefiting all of our students, and second because our large group stands out, and helps remind ASU that our school is a strong and vibrant part of their organization.

## Leadership

As our community grows, the challenge of operating our School expands also. Each of us must take on a greater leadership role, to ensure that Sensei's time is put to it's best use, which is training us! Senior students, we must assist by preparing the class before Sensei walks onto the mats, and by setting a positive example for our junior members. Even junior members can help, simply by offering to mentor a newer student; etiquette and procedure for our classes are a great place to start, and a fantastic way to ensure that every person that joins us is made to feel welcome and comfortable. Let's make it happen!