



# ABUNDANT PEACE AIKIDO & TAI CHI

## "Connections"

Editorial

September 2008

### Tai Chi Broadsword



September is always a time of transition, as the summer becomes fall and vacation gives way to school and work; these changes mean that September is a very busy month, and Abundant Peace is no exception! Kids Aikido will resume, a new group of students will begin their Tai Chi studies, we will

host an Aikido seminar, and most of our aikido students will travel to Montana for another seminar! To the new students of our school, welcome; and to those who have enjoyed a break over the summer months, welcome back!

Stuart Krause

### Tai Chi History

The history of Tai Chi Chuan goes back to the 14th century when a Taoist monk named Chang San Fung witnessed a battle between a crane and a snake. He noticed that the soft circular movements of the snake overcame the hard movements of the bird. This gave him the idea to devise a system of self-defense; the art that evolved has since followed the styles of many masters in a variety of forms. These forms were guarded secrets among certain families in China. During the first half of this century the secrets were revealed when Ying Kit Tung opened schools in Peking.

The word 'tai' means 'Big,' or 'Great,' while Chi indicates the 'ultimate' or 'great system' so Tai chi is the art of generating energy through movement. The two great polarities of oriental philosophy and science are seen in The Yin and the Yang. This art is celebrated in many diverse areas like oriental medicine, literature and painting.

Yin is defined as being cool, negative, evening, winter and autumn; while yang is defined as warm, positive, morning, summer and spring, and so on. You will find the earliest references to Yang and Yin in literature. In the ancient Chinese 'book of changes' called The I Ching one sees that the Yin and the Yang are two halves of one great whole - and this is called the Tai Chi.

In late spring of 2008, Abundant Peace held a weekend seminar for Tai Chi students; the focus was on the basic Broadsword set, and was attended by eight students. Since that weekend, those students have regularly practiced their broadsword technique; as with any form of weapons training, practice of the broadsword set is an excellent way to focus your training.

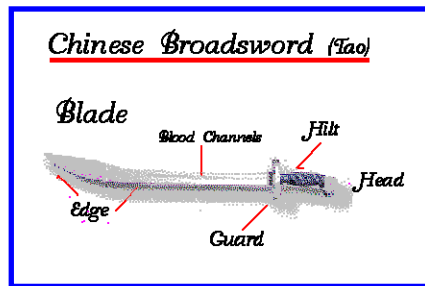


"photo from [www.taichicollege.com](http://www.taichicollege.com)"

The broadsword set encompasses all of the physical movements and demands of the empty hands set, with

the added dimension of the Sword; this adds another challenge, which is to avoid focusing solely on the weapon, which can lead to a loss of balance and physical unity.

The corollary to this is that if once can remain balanced while training with the Sword, their balance when practicing the empty hand set will be greatly enhanced.



The picture above illustrates the Tai Chi broadsword, and points out the basic parts of the weapon; for safety reasons we train with wooden replica broadswords. The following paragraph describes the basic principles of sword training:

*"To be competent in sword play requires several physical martial skills. These however are considered secondary to the specialized mental state known as Zanshin. (Japanese term) Simply put this is the attitude that blends will with belief and strength of technique via an empty mind. The sword person must learn to focus the minds ability to merge belief with intention as a complete act. To practice Tai Chi Saber requires all the physical skills within Tai Chi Ch'uan's open hand techniques. Stance work, leg maneuvers such as jumping, hopping, leaping with instantaneous flexibility are fundamental. Stances must take on the full range of strategies of attack, defense, evasion, feint, openness and closure. Naturalness in gripping of the Sword handle ensures the blade cuts without concern. The mind ensures that the wielding of the blade is to be without doubt."*

Reprinted from [www.key-arts.ca.uk](http://www.key-arts.ca.uk)

## Saotome Sensei Seminar



This is the final reminder of the Saotome Sensei seminar that is scheduled for the last weekend in September, the 26<sup>th</sup> through 28<sup>th</sup>; we already have a group planning to go, and if you plan to join us you

need to book your hotel room and sort out your travel plans very soon. The seminar calendar is posted on the bulletin board at the Dojo, along with registration information and a list of hotels.



## Announcements

Kids Aikido classes will resume on Friday, September 5<sup>th</sup> 2008, from 5:15 to 6:15 PM.

Volunteers may be needed for the Seminar on September 12<sup>th</sup> and 13<sup>th</sup>; please let Sensei know if you are available to assist.

The next Beginners' Tai Chi program will begin on Saturday, September 20<sup>th</sup>, at 4:15.

A "Review Night" of basic Aikido etiquette and technique will be held on Tuesday September 9<sup>th</sup>.

We will resume bokken training in weapons classes on Tuesday, September 16<sup>th</sup>; if you need a bokken, please ask Sensei.

**Very Exciting News; Marcel has been hard at work on our School Web Site, and after many hours and a few challenges we will soon "go live"! The site will be a great way to get the word out about our School, and for current members to keep in touch with our events and happenings. We expect that [www.abundantpeace.com](http://www.abundantpeace.com) will go live in the first week of September; check it out, and remember that this new site will still have areas under construction!**

## Promotions

### Adults

Chris V, 9<sup>th</sup> Kyu  
Dave D, 9<sup>th</sup> Kyu

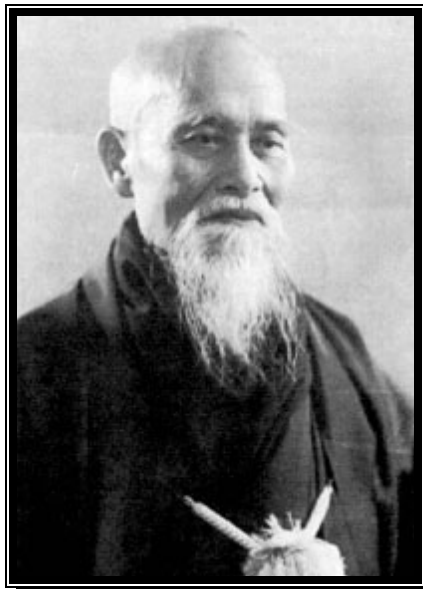
## Gasshuku

Aikido Special Training for the Month of August was "Gasshuku"; this term is translated as "living together".



Gasshuku began at 10:00 AM, with a session in Lions Park; the sun was shining, and the cool breeze gave us a wonderful start to the day! The theme for our Gasshuku was Randori practice, and as this was the first time that most of us had been exposed to this, it was an interesting day; the training was challenging, and the interaction with our training partners both enlightening and fun!

## Quote from O Sensei



*"A mind to serve for the peace of all human beings in the world is needed in Aikido, and not the mind of one who wishes to be strong or practices only to fell an opponent. Aiki is not a technique to fight and defeat an enemy. It is a way to reconcile the world and make human beings one family."*

**-Morihei Ueshiba-**

## Seminar Announcement

Abundant Peace Aikido and Tai Chi is proud to announce that we will once again host a seminar with Cyndy Hayashi Sensei, 6<sup>th</sup> Dan Instructor with Aikido West in Redwood City California.

The seminar scheduled is as follows:

### Friday, 12 Sept 2008

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

### Saturday, 13 Sept 2008

10:00 AM – Noon Keiko  
2:00 – 4:00 PM Keiko  
7:30 PM - ??? Social Event Details TBA



## Cyndy Hayashi Sensei

**Cyndy Hayashi**, instructor at Aikido West, began her training at Aikido of San Francisco in 1977. She trained there under Frank Doran Sensei, Robert Nadeau Sensei and Bill Witt Sensei. She traveled to Iwama, Japan to train with Morihiro Saito Sensei where she received her shodan. After returning to the United States, she trained and taught at the Aikido Institute of Oakland and at Aikido West in Redwood City. She later decided to become a dedicated student of Frank Doran Sensei.

She has trained in France, Germany, Switzerland, Vienna, England and assorted cities in the United States. She has taught seminars and classes in the U.S., Israel and France. She has attained the rank of sandan in Japanese archery, kyudo.

Her main emphasis is the enjoyment of self-exploration through Aikido. Believing that Aikido is a way of life, her classes are generally energetic. Cyndy is the Administrator for the California Aikido Association.

**Remember, another opportunity to train is to attend our Morning classes from 6:00– 7:30 AM on Mondays and Thursdays. All ranks are welcome to attend, and the mat fee is only \$10.00!**