



ABUNDANT PEACE AIKIDO & T'AI CHI

Connections

September 2010

Editorial



Summer's going fast, nights growing colder... these lyrics by Rush seem very appropriate as of late!

As summer winds down and we move into the fall season, it is not only the weather than transitions. Within our community, we experience an influx of new members, both in aikido, and in t'ai chi, when the beginner's course starts on September 18th. Kids aikido classes will resume when Sensei returns; and, with the rush and hustle of summer activities behind us, perhaps we may all be able to return to a more normal schedule of training.

In the final days of August, and the first few of this month, I had the opportunity to speak with a large number of guests, folks who had come down to watch classes; in most instances, they had learned of our School from the web site. Universally, the feedback was that our web site is first rate; easy to navigate, and very "user friendly". I offer our thanks to Marcel; his efforts have contributed greatly to the health, and to the growth, of our community.

As our Community continues to grow, it will become even more important for our senior and more experienced students to show leadership, and to assist Sensei Brad in the operation of our several programs. It is a privilege, and will enhance our own experience, as much as it will aid the school as we grow. I offer my appreciation to all those who have assisted during Sensei's summer break; it was by the contributions of many that things ran so smoothly!

I look forward to seeing many old friends, and to meeting some new ones!

Stuart

Please note: early morning keiko will resume on Thursday mornings only, beginning on September 9th. The mat fee is only \$10.00!

What is T'ai Chi?

As our Fall T'ai Chi Beginner Program is about to begin, consider the following.

Tai Chi has its origins in Taoism and Martial Arts. *Tai Chi Chuan* means "**Supreme Ultimate Boxing.**" The "Supreme Ultimate" here refers to the **Tao**, or more specifically, the framework within which the dualities of Yin and Yang manifest themselves in the field of time. The allusion to the Tai Chi in this context suggests that the art contains within itself (in its movements, shapes and patterns of breathing) all that is necessary for these dynamic forces to interact and be reconciled. The character **Chuan** refers to a **school or method of boxing** or combat. Therefore, it can be said that Tai Chi Chuan, as it was originally conceived, contains a sophisticated method of fighting based on the reconciliation of dynamically interacting forces. Structurally speaking then, the Tai Chi Chuan practitioner seeks to neutralize his opponent's use of force before applying a countering force of his own. In this give and take, this interplay of energies, Tai Chi finds its highest express.

At the time of its development, Tai Chi was a very potent art, jealously guarded by a few families and used for self-defense. **The proper shapes for the transmission of energy, the methods of single-weightedness, techniques of relaxation and breath control** all were developed with the express purpose of prevailing in combat in an efficient, scientific manner. It is important for the Tai Chi student to be able to appreciate and understand this martial context even if one is not interested in this aspect of Tai Chi. After all, all of the major Tai Chi styles (Chen, Yang, Wu and Sun) placed a great deal of emphasis on grasping the meaning of the movements through applications training and this is fully 1/3 of its purpose, the other purposes of Tai Chi being physical health, and meditative (or emotional, mental and spiritual) well-being. Push Hands also needs to be mentioned here, as an important part of modern Tai Chi, as an exercise and sport regimen, developing important skills sets necessary to building the martial aspects.

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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 August:

Adults

- Abby N. 9th Kyu
- Chad F. 9th Kyu
- Jason M. 9th 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!





Announcements

Saotome Sensei will conduct a Seminar at Aikido of Missoula; it is scheduled for the weekend of 24 to 26 September 2010. A number of us will attend this year; this is become something of a School tradition. We encourage members of all ranks to attend if they can; the seminar and the experience are excellent! A few points:

- 1) if you are attending, please inform Stuart; he is coordinating hotel rooms and transportation.
- 2) Senior students that are not attending, please inform Stuart so that he can ensure classes are covered during this weekend.
- 3) Hakama are worn by students of all ranks, while attending this seminar; if this applies to you, please see Sensei Brad.

The Hayashi Sensei Seminar, which was scheduled for the weekend of 10 and 11 September, is cancelled. Hayashi Sensei is recovering from knee surgery, and regrets she is not able to attend. If all goes well, look to see her again, in November!

Aikido Special Training for September is cancelled, in favor of our first "Bridge and Friendship Seminar". See below for details!

Sensei Brad Schultz and Sensei Tom Davidson will conduct a brief "Bridge and Friendship Seminar", on Friday September 10th from 6:30 to 9:00 PM. All ranks are welcome; bring a bokken if you have one, bring more bokken if you have spares; and, the seminar fee is only \$20.00, so please join us if you can!

Dojo Care Session. Although most of the mats are very new, the time has come to inspect them, tape up any small tears, and generally see to the care of our training place. This will happen on Saturday, 11 September 2010, as follows:

Aikido: 1:00 PM to 3:00 PM

Dojo Care: 3:00 PM to 4:15 PM

T'ai Chi: 4:15 PM to 5:30 PM

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

T'ai Chi Beginner Course for fall 2010 will begin on Saturday, 18 September 2010. If you are interested, or know someone who might be, let them know.

Training equipment, such as dogi and bokken, are available from our School Kit Shop at very competitive rates. Please let Sensei Brad know of your needs!

New at www.abundantpeace.com >> 1) 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.



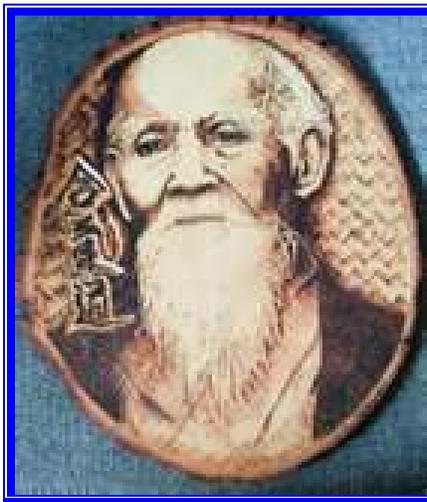
Your martial training experience will range from zero and up... no matter how much time you have spent training in the past, this is a new environment for you, and we want you to feel comfortable. If you have any questions, address them to any of our Senior Students...if they cannot answer, they will 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.

Aikido Students; you received an ASU Handbook when you joined our community; please read it, as it contains information you need to know. Dojo etiquette, training safety, and general information are outlined in the Handbook; if you have questions about anything you have read, ask any of our Senior Students.

Finally, if you have not yet received a copy of our Code of Conduct, please ask Stuart!

O Sensei's Wisdom



"The Art of Peace begins with you. Work on yourself and your appointed task in the Art of Peace. Everyone has a spirit that can be refined, a body that can be trained in some manner, a suitable path to follow. You are here for no other purpose than to realize your inner divinity and manifest your innate enlightenment. Foster peace in your own life and then apply the Art to all that you encounter."

-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!

What is Tai Chi?

So then: what is the place of Tai Chi in modern society? How are we to appreciate this precious cultural transmission? The secret lies in enlarging our understanding of how the benefits of Tai Chi apply in daily life. Today we may use Tai Chi to "fight" fatigue, stress, overwork or lack of understanding of oneself and one's body. T'ai Chi was designed to increase one's longevity. Sometimes this means preventing another person from harming you. However, this same system can be used to **help keep stress from killing or injuring you.** Daily practice of Tai Chi promotes mental clarity and a healthy body, assists with balance and helps the circulation of the ch'i and the blood. Tai Chi is also a vehicle for the realization of surpassing beauty. As Aldous Huxley describes in *Island*:

"No leaps, no high kicks, no running. The feet always firmly on the ground... movements intrinsically beautiful and at the same time charged with symbolic meaning. Thought taking shape in ritual and stylized gesture. The whole body transformed into a hieroglyph, a succession of hieroglyphs, of attitudes modulating from significance to significance, like a poem or a piece of music. Movements of the muscles representing movements of the consciousness...It's meditation in action; the metaphysics of the Mahayana expressed not in words, but through symbolic movements and gestures."

This is Tai Chi Chuan.

Article Obtained From:
www.patienceataichi.com

Hayashi Sensei



We wish Cyndy Hayashi Sensei a speedy recovery, and look forward to seeing her in November!