

# Editorial

Newsletter of Abundant Peace Aikido and T'ai Chi

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## Editorial

Winter threatens to arrive, then we are teased by a break after that first snowfall... seems unfair.

Dojo activities have continued without interruption during the months of September and October. In addition to the regular series of classes, we once again hosted Cyndy Hayashi Sensei for an outstanding seminar experience, jointly with our friends from Northern Alberta Aikikai; as always a wonderful weekend. Not long after this, a large contingent traveled to Missoula to study with Mitsugi Saotome Shihan; this trip has become an annual event for us, one that many have made many years in a row. This year, the "Tonne of Fun" consisted of a dozen of our members, of all ranks.... We can only hope it will be presented again next year, and must encourage as many to attend as can manage the time and the distance.

As we move into November, we must mark the annual Day of Remembrance, a time to honor those who have sacrificed so much that we might live in peace, and in freedom. We must also remember that part of how that sacrifice is honored and respected is to live well, in honor of the memory of the fallen.

I look forward to training with you this fall.....

*-Stuart K. -*

***"The Mind Leads the Body"***

## Promotions

With two seminars happening, along with other activities, there was no testing conducted in September. We congratulate the members of our Aikido Community who were advanced in rank during the month of October.

**KIDS:** Jr. 14<sup>th</sup> Kyu, Odin G., Valentina G., Axel G., and Carmen W.; Graham M. 13<sup>th</sup> Kyu.

**ADULTS:** 9<sup>th</sup> Kyu, Michael G.

## Tameshigiri

When he presented his Seminar earlier this year, David Goldberg Sensei was gracious enough to also provide us with some instruction in the Art of Tameshigiri, or cutting practice. It was the first time most of us have experienced this aspect of training. Goldberg Sensei, in addition to being a teacher of Aikido, and a maker of fine bladed weapons, is also a highly ranked teacher of Japanese Sword Arts, and is therefore uniquely qualified to offer us this instruction. In addition to the obvious safety issues of working with live blades, there are also matters of courtesy and etiquette that must be understood and respected.

This unique experience led each participant to a number of conclusions, many of them unique to the student; but, one fact was very clear, which was that this skill requires regular focus and practice. To that end, on the 14<sup>th</sup> of November a small group of us gathered to continue the process of learning that was begun with Goldberg Sensei.

The weather cooperated, although our Sunday afternoon plans were briefly threatened by the unwelcome prospect of rain. The group that attended enjoyed sharing some food, and spent a few hours working on their cutting techniques. This is useful training for any student of Aikido, and is an absolute must for those who wish to understand the sword.

We will do this again; our next opportunity will take place during the winter months, to challenge our concentration with some cold weather. We hope to see you there!

*-Stuart K. -*

***Remember to take advantage of our Corporal Francisco Gomez Memorial Library, established for all to enjoy.***

## Jamie Leno Zimron Sensei

The abundant peace dojo recently had a visit from Jamie Leno Zimron sensei. She was in Edmonton presenting a motivational and stress reduction seminar. She enjoys visiting Dojos on her many travels around the world. For the lucky students in attendance on that evening it was another exposure to the worldwide aikido family.

### Dojo Announcements

**Aikido Special Training** for the month of November will take place on the evening of Friday the 16<sup>th</sup>, from 6:30 to 9:30 PM. The theme and focus for this Special Session will be to continue working on the lessons and principles offered by Saotome Sensei at his Seminar in September. This is important and crucial core training for every student, regardless of rank or experience; please make plans to join us if you can.

**First “Cross Hands Noodle Night”** was enjoyed in October by the members of our Fall 2012 Beginner T'ai Chi Course. Reaching this benchmark is an important step in the development of any T'ai Chi practitioner, as it also forms the “mini set”, which can be practiced independently.

**The Annual Saotome Sensei Seminar** was once again very well attended by students of all ranks, and as always we were made to feel very welcome by our friends in Missoula. This annual pilgrimage takes advantage of a rare training opportunity, which is to study with a Senior Shihan, one of very few still active Aikidoka who studied directly from the Founder, O' Sensei; it also gives us the chance to reconnect with people who have become friends, by virtue of the connections we have forged at these annual Seminars. You should all come along in 2013!

**Abundant Peace Aikido** is pleased to announce that we will host a seminar with **George Ledyard Sensei**, in February of 2013. Ledyard Sensei is a Senior Student of Saotome Shihan, and offers a unique perspective; from his biography:

*“George Ledyard Sensei began his Aikido studies in 1976 under the direct instruction of Mitsugi Saotome and has continued this association ever since. Ledyard Sensei currently holds the rank of 6th Dan in Aikido and Shodan in Daito Ryu Aikijujutsu. He counts Hiroshi Ikeda, William Gleason, Howard Popkin, Mary Heiny, Tom Read, Endo Seichiro, and Dan Harden as strong influences on his Aikido.”*

This is a unique training opportunity, and a major event for our School and our Community; we will once again depend upon the devotion of each of us to make this a success.



She has spent her adult life blending aikido into all aspects of her life. She believes aikido can create and unite a peaceful world. She travels regularly back to Israel to teach in the aikido MAP (Martial Arts for Peace) project. She is also known as the “golf sensei”, and takes great delight in teaching top executives Aiki principles using golf as the vehicle. Thanks to Sensei Brad for inviting her to share with us some of her knowledge and experience.

-Shawn C.-

