



# ABUNDANT PEACE AIKIDO & TAI CHI

## Dojo News

### Editorial



Welcome to the inaugural edition of our Newsletter... we hope it will be a welcome edition for our members, as a way to stay in touch with events at Abundant Peace and connected to each other.

The calligraphy reproduced here was brushed by Ikeda Sensei; the phrase is "Masakatsu Agatsu" means "true victory is victory over oneself"; this can only be achieved through education and training of the mind and the body. We will offer some opportunity for education in this newsletter.

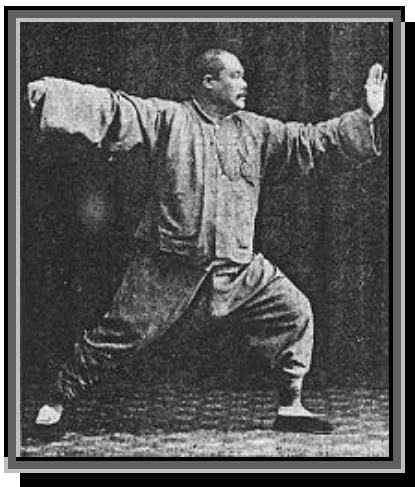
We will try and include all upcoming events, with as much notice as can be provided; we will offer some of the many teachings of O Sensei for your thought and contemplation; and, to keep it as interesting as possible we will include photos and stories whenever possible.

First things first; we need a name! That is up to you, to come up with a name that works. Please let Sensei Brad know if you have any ideas!

Finally, this is OUR newsletter! Stories and photographs from our members are very welcome. Just pass them on to Sensei Brad, and once approved they will be published in our next edition.

*Stuart Krause*

July, 2008



### Working With Beginners

Whether a student of Tai Chi, Aikido, or both, you will be given the duty of working with beginners. You must view this as a privilege and a chance to improve your technique.

When you find yourself in this role, remember that beginners are nervous, especially if they have never had martial training. We must help new students feel welcome and provide guidance with encouragement.

Working with beginners can be very rewarding, and a great enhancement to your own training path; take advantage of these opportunities, and use them to grow as a student and as an instructor!

### Dojo Etiquette

The south wall of the Dojo, on which the photograph of O Sensei must be displayed whenever class is underway, is known as the Shomen, or head, wall; this wall should never be touched during class and, when observing, one should never sit with their back to the Shomen Wall.



### Web Site

Thanks to Marcel, Abundant Peace Aikido and Tai Chi will soon have a web site! Design and construction of the site are well underway, and we look forward to being able to "go public" within a few months.

If you have ideas about our web site, or would like to offer photos or writings for inclusion, please let either Sensei Brad or Marcel know what you've got!

## Saotome Sensei Seminar



For those interested, Aikido of Missoula will host a seminar with Saotome Sensei, on the final weekend in September. These events offer both the beginner and the more advanced student a chance to experience a very unique dimension in training, one that can accelerate their development on the aiki path.

The seminar calendar is:

### Friday, 26 Sept 2008

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

### Saturday, 27 Sept 2008

10:00 AM – Noon Keiko  
3:00 – 5:00 PM Keiko  
7:30 PM - ??? Potluck

### Sunday, 28 Sept 2008

10:00 AM – Noon Keiko  
2:30 – 4:30 PM Keiko

The Seminar fee is only \$110.00; registration may be done at the door, or on line at [www.aikidomissoula.com](http://www.aikidomissoula.com). Last year, seven of us drove down in two vehicles...which was great fun! If you choose to attend, you need to book hotels fairly early... this is also the "Homecoming Week" for the local University, so downtown hotel rooms tend to sell out early. A list of downtown hotels is posted on the bulletin board at the Club.

## Announcements

Congratulations to the Spring, 2008 Tai Chi beginner class, on completing the introduction to the basic Yang set. The next beginner Tai Chi course begins on 20 September 2008.

There will be no kids Aikido classes on Tuesdays or Fridays, during the months of July and August; kids are welcome to attend the mixed class on Wednesdays from 6:30 to 8:00 PM.

The theme of Special Training for July 2008 will be kicks; both the application of kicks in technique, as well as defending against kicks. The date of special training will be announced during regular classes.

The Tai Chi Summer Retreat will take place on July 12<sup>th</sup> and 13<sup>th</sup>; this is open to both Aikido and Tai Chi students. See the descriptive flyer at the Club for details.



## Promotions

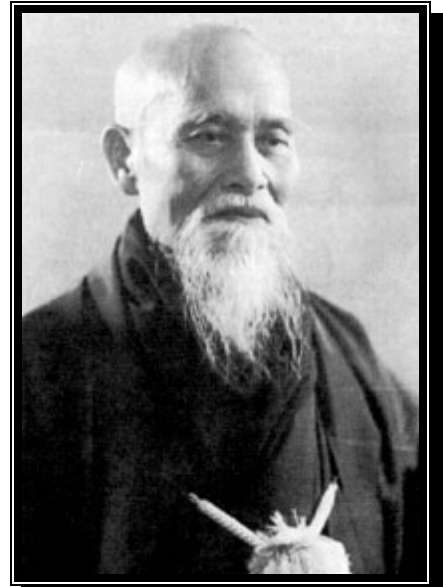
Congratulations to the following students on their promotions:

### Children

Stephanie, 11<sup>th</sup> Kyu  
Julia, Jr. 11<sup>th</sup> Kyu  
Tamara, Jr. 9<sup>th</sup> Kyu  
Zoran, 13<sup>th</sup> Kyu  
Thea, Jr. 14<sup>th</sup> Kyu

### Adults

Greg, 9<sup>th</sup> Kyu  
Rebecca, 7<sup>th</sup> Kyu  
Bobby, 6<sup>th</sup> Kyu  
Stuart, 5<sup>th</sup> Kyu  
Vanya, 5<sup>th</sup> Kyu



## Quote from O Sensei

"Contemplate the workings of this world, listen to the words of the wise, and take all that is good as your own. With this as your base, open your own door to truth. Do not overlook the truth that is right before you. Study how water flows in a valley stream, smoothly and freely between the rocks. Also learn from the holy books and wise people. Everything; even mountains rivers, plants, and trees--should be your teacher."

*-Morihei Ueshiba-*



## Morning Class

Beginning on Thursday, 26 June 2008, we will hold a morning Aikido class from 6:30– 7:30 AM. All ranks are welcome to attend, and the mat fee is only \$10.00!