



The Bulletin is a source for CATSDS students and instructors to share their thoughts and ideas in a "bulletin board" format. Enjoy!

Papers & Training

The hallmark of any good martial arts school is discipline based on commitment. We train at the Center to better our sense of physical, mental, spiritual and intellectual discipline. As students of the Center we write a paper to illustrate our mental and intellectual discipline. When we have submitted our paper on time we have fulfilled a commitment; commitment fulfilled through discipline. However, there are events happen in life when we are hampered with fulfilling the writing assignment. Please talk to your instructor if you are having difficulties that would prevent you from fulfilling this requirement so that you can be helped.

News

For those of you who have joined the Center for Aikido and Tang Soo Do Studies between September and December of '07, we bid you welcome! It is hoped that all of you have a prosperous New Year in '08!

Extras

Since this is the first time we've had a "Guess the Month" brain teaser, here are a few more for you:

- What is Tohei Sensei's style of Aikido called?
- Hwang H. C. is the Kwang Jang Nim of what organization?
- Shioda Sensei started what style of Aikido?
- When did GM J.H. Lee find the Institute?
- What is the name given to Saito Sensei's style of Aikido?

Guess the Month!

Below are a number of important dates. Guess the month (January through April) that the date occurred:

- O'Sensei's passing ?/26/1969
- Sensei Tomiki's birth..... ?/3/1900
- Shirata Sensei's birth ?/29/1912
- KJN Hwang Kee birth ?/11/1914
- Tohei Sensei's birth ?/20/1920
- Doshu's passing..... ?/4/1999
- Saito Sensei's birth ?/31/1928
- GM Jong H. Lee's birth.... ?/19/1938
- KJN Hwang H.C.'s birth..... ?/4/1953

Answers on page 10.

Students' Thoughts

“A New Beginning”

By Keith Wells

I am a new practitioner of Aikido in Hagerstown Maryland. As I was thinking of something to write for the newsletter I started reading what others have written in previous newsletters. I was pleased to find that we are a very diverse group of people. We come from all different backgrounds and have a wide variety of life experiences. Yet, we all are on the same path in life. I find it refreshing to know that those whom are further along selflessly give their time and knowledge to help others in their growth. I aspire to one day give back to our community as others have given to me. I have learned a lot in the short time I've been practicing and I have grown physically, mentally and spiritually.

I have much respect for the founder and Aikido has enriched my way of life. Aikido is a good fit for my way of thinking, my approach to life and my personality. Through Aikido I have been able to more clearly focus on my goal of becoming the man I want to be. I have come to a realization during this short time. This realization may seem strange to some however, I am also certain others have made the same realization as well. As a Christian I know that God is a God of love. As I learn more about the art of Aikido I understand it is an art of love. To me it is truly amazing how intertwined Christianity and Aikido are in their principles. Even though in most cases the verbiage may be different thus far the teachings coincide.

I have kept an open mind and I feel as if I've been blessed for doing so. I look forward to my growth physically, mentally, and spiritually. I have thought much about my religion and my basic knowledge of Aikido and there is much I have yet to learn and figure out. Forgive my presumptuousness but it seems I can somewhat crudely sum up the relationship between the two in one analogy. In my journey through life God is my light and Aikido is my glasses. Please feel free to contact me and comment. I would be most gracious for further discussion and growth in this area. I thank you all for taking the time to read this and I look forward to reading more of your letters as well. Please feel free to contact me via my email address at keith_wells@msn.com.

Atemi: Harmonious Head Bashing

By Fred Hunt

Ahhhh, Aikido! The path to harmony and energy! My wife was very excited to learn I was signing up to attend classes at The Center. Her hopes are that I become calmer and that I develop harmony in all facets of my life...and I'm feeling it too!

So I'm sitting watching a technique being demonstrated when the instructor takes a swing at uke! What the...!! I must have misunderstood what was happening. What's this atemi thing he's talking about? Okay, he's going to demonstrate again. What the heck... he swung at uke again?! Where's the harmony? So taking a swing at someone is okay as long as we call it an atemi?

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Yes. As I understand it, the strike isn't a defense, it's merely a distraction. What's REALLY wild is Sensei Medeiros giving an atemi with ki! WOW! Then Sensei Render gives a ki atemi with his elbow, through uke's elbow and into his center. Man, I gotta get me some of this ki! Also, when do I get to play with swords?

Extending

By Spencer Van Horn

Since I have been in Aikido I have learned that extension is one of the things that you do most in Aikido. You can extend in many directions: up, down, side to side, forward and backward. I have learned that you can do that with in the real world as well. You can extend down and stand your ground against your enemies, you can extend up with your confidence and courage, and also you can extend forward with your goals.

A Touching Experience

By Andrew Vecchio

In Aikido training students are regularly touching each other. Grabs, throws, pins and other moves all involve having hands on you.

After training in Aikido, I developed a keen awareness of touching outside of training, be it from a family member, co-worker, friend or a stranger in a crowded mall. I am now keenly aware of a person's intent in a touch, whether it is caring, threatening, or simply attention getting. Also, I am aware of their positioning, balance and weight transfer.

With this ability, I more greatly enjoy the kind touches. I can also accurately interpret a possible threatening touch. Lastly, I can react better if a self defense situation arises. This is another example of the many ways in which Aikido helps in our daily lives.

Ki Really Is In Everyday Life

By Ken Larsen

One of the things that we study in Aikido is the concept of Ki energy. Although I am neither qualified nor experienced enough to explain what and how Ki energy works, I have experienced it in my life. I have seen it demonstrated and have even felt it during Aikido classes, and now I have just started to see it in other aspects of my life.

At home, my wife and I have a troubled dog, Casey. He was disobedient, hyperactive and sometimes aggressive. We decided to hire a dog trainer to help us to continue to have Casey stay a part of our family. The dog trainer came highly recommended to us and we started training sessions in our home. The man was the definition of calm and peaceful. Without ever raising his hand or voice, he had Casey eating out of the palm of his hand within minutes. His calm demeanor and Ki energy put all of us at ease immediately. He seemed to understand us and Casey from the start and provided suggestions to modify Casey's behavior.

After several weeks, Casey has become the dog that he and we wanted him to be. After talking to the dog trainer, I finally

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realized that all of his suggestions and his very demeanor were based on Ki principles. My wife was amazed at how much easier Casey seemed to respond to me rather to her (Casey was her dog before we met). I asked the dog trainer if he had ever heard of Aikido or Ki energy. He said that he had not, but had learned these techniques through his experience as a dog trainer. By working with dogs AND their owners he saw the relationship of personal energy transferring between man and beast. He saw that when one was calm the other would become calm. When one was anxious, the other too would become anxious. His experience was that most of the time he worked more with the humans than the dogs. The dogs seemed closer to their true nature and therefore closer to their Ki.

I feel that my training in Aikido has brought me closer to my true nature and this is expressed through other parts of my life. My wife is definitely sold on Ki training and has seen the effects of a calm peaceful demeanor on Casey as well as our other dog.

It seems that Ki energy is around us all time and that Aikido is one of the ways it manifests itself. I am excited to train with it more and see where else it pops up.

My Two Cents...

By Glenn Weeks

I would like to reflect on the video that Sensei Medeiros brought to us from an old testing session back at the Jet Wing dojo. While making several copies for our dojo practitioners, I was able to view the

video many times and oddly enough, the more I watched myself the more it would seem that my technique was better then, than now. I spoke briefly with a couple of folks in the dojo, and they said being able to see yourself in a video is not the same as feeling what technique you are demonstrating now. They pointed out that I don't have a video of myself now that I can compare to, side-by-side. I now believe this to be true, where sometimes I am very critical of my execution and that I might be feeling dissatisfied about my execution of a certain technique but that might not necessarily be what I am actually doing. My two cents....

A Christmas Play

By Valerie Powell

It was about a week before Christmas vacation for the kids, and it was very cold... extremely cold. We were going to a Christmas play and when we arrived there was no place to park, so we parked far away. My ears were frozen when we arrived at the gym. There was nowhere to sit and it was standing room only. The room was filled with frustrated parents, fidgeting with their cameras. Children were bouncing up and down, trying to burn off excess energy while their parents were attempting to keep them quiet. It was a long time to wait as the customary announcements were made; gifts were given to the teachers for their years of service. The lights dimmed and the play began.

As I watched the children approach the stage, excitement filled the room. The

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parents quieted and the play commenced. As I watched my son sing his Christmas song along with his classmates, I was taken aback by images flowing into my mind over a 25 year period in an instant. Upon the stage, at once were my daughter and my two sons, and although the plays were years and years apart, it didn't matter...they were one and the same at that moment. As I leaned forward to comment on this with my son, who is now 22 years old, I could see a light glowing from his face. His eyes were transfixed on his little brother and yet they were miles and years away. That told me he understood what I was talking about because he was 7 years old again...singing his own Christmas song. As I looked around I noticed that all of the parents had the same glow and faraway look and the same smiles on their faces. In that instant, I knew what Christmas was about in some small measure, on a cold winter night in 2007.

Regular Attendance

By Brian Brogren

In my TangSooDo training over the years, I have noticed just how important it is to show up all the time. I have noticed after coming home from vacation and not practicing for quite some time that I cannot even punch correctly. Now I know that it is hard to fight the temptation of not going to TangSooDo and wanting to finish the last twenty five minutes of a TV program, but in all reality, you need to fight the urge and show up anyway.

I believe that I hold a red belt because I showed up all of the required days. When I go to TangSooDo, I am not just helping myself, but less selfishly, I am helping everyone else in class get better. I think that being able to work with another, rather than doing forms all the time by yourself, will help you get better, faster. My meaning is that you can get an upfront view of just how the body moves, what works and what doesn't. After being in TangSooDo for so long, I have heard the phrase "the beginners help the instructors learn, just as much as the instructors help you." That phrase does make sense to me because, if the beginner is rusty on something, the instructor might have just as much to work on.

I have noticed though after getting more responsibility at my job that sometimes it is hard to get to TangSooDo every night, and now it is just another challenge that I must accomplish. Now after experiencing these little bumps in the road, I urge everybody to stay focused, because in my mind, it may not get easier, but things will get better.

Now attendance alone does not just mean showing up for two hours a night, doing what you need to do, but it also means it must be with you at home and maybe even work, wherever you can spare a thought. I have been told over and over again to practice at home and stretch all the time, and I will admit, that I have not taken that advice, but I am finally seeing why I must do it. I get frustrated with myself when I can't even do a turn kick correctly, so now regular attendance

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means practicing your art 24/7. Writing this paper has given me some new thoughts on what I need to work on, and that is going to be a very long road ahead.

2007 August Seminar

By Robyn Gray

This past August a few of us from the Dojo were able to attend an all day seminar held at the A.F.A (Air Force Academy) Aikido Club. They had invited Sensei Harvey Konigsberg, who is a 7th Dan Sensei from N.Y. State. I always get nervous before any major event, but the morning of the seminar I stared at the invitation for quite awhile. I realized that everything was going to be ok and that I didn't have anything to fear. We finally get to the A.F.A and before class even begins, we as a school go and introduce ourselves to Sensei and the head instructor of the Academy school, Sensei Ed Peteroy. Then class begins.

After stretching out for a bit, Sensei Konigsberg calls his first uke and demonstrates a technique. He then has us do the technique. He calls out a few more people from our school and other schools to demonstrate different techniques and so on...and then he calls me out. Slightly nervous, I approached and then I really couldn't tell you what happened next, but all I felt was weight underside...DOWN. I had never felt such strong weight underside. I was so used to extension...OUT. I was impressed. He then asks my name, so I tell him and then he keeps calling me out as his uke to demonstrate more techniques (He also gave Jude-san

a work out as well, but that's his story), and a few more. There were a couple of times being his uke, I found myself laughing which we both knew was out of pure delight. I remember after he threw me across the mat, he saw the shocked giggle coming from me and he laughed as well, which in turn made others laugh.

Other than being totally exhausted, it was a nice atmosphere among people and there didn't seem to be a lot of competitiveness going on with anyone. Sensei Konigsberg himself was relaxed... very pleasant and enjoyable. The class ends with not a single injury. We all thank each other for training and take group photos. Many people approached Sensei Konigsberg to thank him and ask questions. Our Dojo kindly waits and when it's my turn, I bow, shake his hand and tell him "Thank you very much Sir/Sensei I really enjoyed the class." He then says bowing and shaking my hand, "Oh no, thank you Robyn it was a joy and a pleasure training with you, and I thank you for coming." Blushing I bowed said thanks again and backed away. WOW! He sincerely thanked me for the training and remembered my name! It was very humbling and the lesson I learned I will take with me always. I will never forget that moment or the feeling of extending Ki downwards and the seminar itself. I haven't been to a lot of seminars, but from the ones I have been too, this is the second one I've walked away from thinking...that was nice, that was good and I learned a lot. When he does come back out to Colorado Springs, I will definitely be there.

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Be Here Now

By David Margrave

Sensei's reminder on the chalkboard greets us as we enter the dojo, "Pay attention to every aspect of your practice." This triggers memories. In 1971, my mother lent me a book by Ram Dass entitled, "Be Here Now." To my teenaged mind, the title was nonsense. How could you not "be here now?" To my middle-aged mind, Sensei's message and the title of the book seem closely related.

It took me a decade to recognize how much Ram Dass' message applied to me. I really wasn't there. I was re-living my past, fearing the future and dreaming of being someplace else. I was not being me. I was imitating the "me" I was "supposed" to be, by denying, disowning and suppressing the "uncool" parts of myself. I was the perfect teenager, doing what teenagers do.

I spent two more decades on a self-improvement binge. I learned from Nietzsche that being good is evil, so I did bad things, to look good. I learned from the Buddhists that self is an illusion, so I told my ego to disappear. My ego reported back that it had eliminated itself, but I remained suspicious. I became attached to eradicating all my attachments. I forced myself to relax. I planned to be spontaneous. I was the perfect adult, trying to grow up after I was fully grown.

The more I tried to fix myself, the more I needed fixing. I worried that enlightenment

would forever elude me. My fears were well grounded in reality. Reality was an abyss. The worst news of all was that "you create your own reality," which meant it was all my own fault from the start.

Aikido gave me another lens through which to look at all this. The mysterious energy of ki fascinated me. No one could bottle it, or show me where it comes from. You cannot even prove to a die-hard materialist that ki exists. Extending ki is like wu-wei: doing everything by not-doing. "The Tao does nothing, and yet nothing is left undone," as Lao-tzu said.

But there is one thing you must "do" in order to generate ki: pay attention. In Aikido practice, we focus upon breathing, relaxing, keeping one's center, extending ki and maintaining a sense of weight underside. To me these are specific ways of paying attention, which removes obstacles to being here now.

I think of the universe as one substance frenetically dancing around in ever-changing forms, like galaxies of energy exploding, liquefying and crystallizing into planets, raindrops and snowflakes, hurricanes and bottomless depths and then back again. I paddle around on the surface of the Mind-Body-Spirit killer waves, hoping to make it through the day. Sometimes I get tossed by the waves; sometimes I surf the big one.

Mostly I get tossed around. The same old problems and issues haunt me, but life is more fun, and I know what I need to do: pay attention, relax and extend ki.

Students' Thoughts

Stress Free Please

By Gihan Fellah

"Relaxation is the route to longevity. Stress is the root of all illness" – a Chinese saying. While preparing to write this paper, I pulled out two different college psychology books, one nursing book (an anatomy and physiology book), and a Chi Kung instructional book. These resources all mentioned the same concept. That stress, whether internal (such as emotions) or external (like weather extremes), causes disease in people.

Although stress seems to be common in our fast paced society, especially now that it is the holiday season, there are a number of ways to reduce it. A quote from the Fundamentals of Nursing, 4th edition says, "The concept of stress is important because it provides a way of understanding the person as a unified being who responds in totality (mind and body) to a variety of changes that take place in daily life." Relaxing the mind and body is an important way to reduce stress and live healthier. One way to help you relax is through breath control. Breathing in through the nose and out through the mouth. Also, to breathe from the diaphragm ("stomach breathing" like infants do naturally and adults do while sleeping) rather than rib cage breathing. Diaphragm breathing is deeper thus allowing more oxygen into the bloodstream and also allowing better Ki flow. During Aikido and Tang Soo Do training, it is common to hear from the instructors to sink into your one point.

Not only does this center you, it helps to clear the mind. A cluttered mind leads to frustration and worrying (which is stressful and leads to disease and often, lack of sleep). Even today's major killers are more life-style related (often prompted by trying to cope with stress) than they were a century ago (heart disease, cancer, strokes, chronic lung disease).

So, through life's stresses (such as the dog leaving a mess on the carpet, or the car that cuts in front of you, or a sick relative), please try to remember to make the time to relax and breathe. Your health depends on it.

First Impressions

By Jack Hoyt

I am constantly reminded daily of the commercial that says, "The first words you say will be the lasting impression you give." I think this is not only your words but your actions. These actions are part of our training that occurs on and off the mat. What is learned on the mat can relate to what we do off the mat. On the mat is the bow and off the mat are the handshake and the eye contact. The verbal "let's train" to the "glad to meet you" and in the way it is said are all part of the first impression.

The first contact may not only be with the main person(s), but may be with a person on the sidelines. Off the mat, it may be by someone in charge of your future. On the mat, it may be someone that you will be training with later on. Sensei may or may not see how you enter the Dojo or how you step on the mat, or how you bow

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to the person you are training with, but, you can be sure there will be somebody that sees or hears your first impression. Remember, that on or off the mat, you can and will leave an "impression" that first moment.

The Ever Present Mind

By Ryan Goettsche

*Even though surrounded
By several enemies set to attack,
Fight with the thought
That they are but one.*

This is one of the many poems by O'Sensei which his son Kisshomaru Ueshiba chose to include in his book, *The Spirit of Aikido*. Aikido is partly about relaxing, extending ki, keeping the one point and cultivating weight underside. All of these principles are exemplified in this poem. Ki cannot flow unless the body is relaxed. The relaxed body, flowing with ki, is free of stress allowing dedicated focus on everything at hand during any given moment of time. The relaxed body which is extending ki allows for focus; allowing all movements to originate from the hara. The relaxed body, extending ki, moving from the hara can then be rooted to the earth.

If training is solely focused on what is before the eyes: the body, the attack, the thought of what technique to perform and how it should be executed, then the principles will grow but not be as powerful as when the principles are in motion and

accepting of all energy from all directions. The mind must be mindful to the rear, to the front, to the left and to the right. It must be in the hara, in the arms, beyond the arms into the group, beyond the group to the walls of the dojo and beyond the walls of the dojo to the mountains and the plains. The power of ki will always be in direct relation to how far it is sent in every direction.

Ki training must be done while alone as while in the company of many, whether it be in the dojo or a crowded public venue. It cannot be turned off if it is to grow and it cannot be forgotten when the overwhelming occurs. It is the root of what we are and how we live. The physical aspect of Aikido training can be soft and hard, yin and yang, but the connection of ki between one to many participants dictates the power and perception of hard versus soft Aikido. Multiple attack can be overwhelming but only because we choose to view it in that way. It is a group of attackers and the word "group" is singular so it is truly a singular attack which requires attention. If focus is given to each individual in the group then focus is truly lost because the mind is drawn into many directions, preventing the ki to flow, breaking the connection to the hara and the earth. Train daily with multiple attack in mind. Treat all moments in the work place and in the home with a relaxed mind while extending ki in all directions. In the dojo, treat all single attacks as if from many approaching from all directions.

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Injuries and Training

By Brad Pier

Here I go again talking about an injury. I am rehabbing from my third knee surgery, and have not been able to train for a few months. I have been reading about knee injuries and Aikido, and find a common theme...Aikido practitioners are prone to knee injury. Some of the articles talk about why, and the reasons vary from one extreme of "it's supposed to hurt, "it's a martial art" to "wear knee pads, and use ice and balms to treat symptoms."

Gaku Homma Sensei of Nippon Kan wrote about this topic. His opinion was that he was seeing too many knee injuries at his dojo. His observations from many years of training was that Suwariwaza (technically defined as seated techniques, kneeling techniques being a more accurate description), were a cause of pain and injury. Some of the thought was that Suwariwaza builds strong leg, hip, and back muscles. Homma Sensei disagrees,

and believes that aikidoka, with the strength and flexibility in the muscles and joints, are able to practice Suwariwaza and those without put stress on the knees.

The article also points out that many high-ranking instructors suffer from knee problems, and have altered their techniques accordingly. Some will not admit it is due to wear or injury, but if you watch in person or on video, you can see a difference. Homma Sensei has stopped requiring Suwariwaza techniques at his Dojo. I applaud this decision, and offer that CATS should consider this policy. I look forward to discussing this with students and instructors.

For my own well being, I will not practice Suwariwaza, and will limit seiza to a minimum amount. This is my decision to preserve my health, and to lead to my being able to practice Aikido for as long as possible. If you wish to read Homma Sensei's article, go to Nippon-kan.org, and click on Sensei's columns.

Helpful Tips

Here are a few tips to make writing and publication easier:

- 1) It is helpful to spell check your work. Take it easy on the editors!
- 2) Single space your work and be sure there is only one space after periods. When our designer flows the text in, the formatting changes. If you absolutely want something highlighted, put the text in bold.
- 3) Every paper should have a title and author name.

Answers

Did you honestly think we were going to give you the answers? Please take a few moments to research these tidbits...it's part of your training to expand your knowledge! Turn to page 18 for some hints.

Instructors' Thoughts

Aikido and Global Warming

By Rob Roberts

Disclaimer: This article represents my opinion only and not necessarily that of any other member of the dojo/dojang.

While reading *The Essence of Aikido: Spiritual Teachings of Morihei Ueshiba*, I learned that Aikido has its own cosmology. The very existence of this cosmology indicates to me that O'Sensei cared very deeply about the world around him and the health of our planet. When asked "what is Aikido?" O'Sensei would often draw a mandala, or diagram of this cosmology. At the center of the mandala is a circle, and in its center is a dot representing an extremely dense point which produces the steam, smoke, and mist which coalesced into our primordial world. The circle itself is inscribed with characters representing physical birth, procreation, and the harmonization of fire and water. To me this represents the cyclical nature of the world around us, such as the unstoppable and endless cycle of ice ages which occur every 1,500 years. We are fortunate to be coming out of an ice age. This cannot be stopped, nor should it be; it is natural and not catastrophic. By definition, a cosmology encompasses more than just our own Earth. The atmosphere of Mars (and the other planets) is warming also; this is driven by solar activity and cannot be blamed on humans. However, my purpose in writing this article is not to prove or disprove that global warming is caused by

humans or is catastrophic; the purpose of this paper is to examine the morality of proposed methods of mitigating global warming to analyze whether or not they can be reconciled with the arts of peace.

When considering some action to be taken on a global scale, most people will immediately jump to the conclusion that the said action requires the use of government force. Ultimately the final recourse of any government action is deadly force. The progression usually goes like this: Suppose an individual or industry is doing something the government doesn't like; he or it will first be sent a notice/threat/demand that they stop whatever it is they are doing; if that fails, the government will impose fines; if that fails, government agents will arrive to take people to jail; if the individual or industry resists too strenuously he/it will be killed/destroyed. If the government has any legitimate purpose at all, it is to protect us from force or fraud. Therefore, before our servant government can be allowed to use its deadly force, we must be positive that a true crime has been committed, that is, an injured party can be produced.

One government action with regard to global warming is population control. In her article *Too Many People?*, Dr. Jacqueline Kasun discusses 10 myths of overpopulation. Myth 2 is that overpopulation is causing global warming; "The message that is most likely to arouse the fervor of young people is that overpopulation is destroying the environment and the biosphere. On this point, the first thing to keep in mind is

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that some of the most beautiful parts of the world, with the highest environmental quality, are in densely populated countries such as western Germany, which has more than 600 persons per square mile, and the Netherlands, which has almost 1200 persons per square mile, compared with 330 in China. Nevertheless, China has put in place population control measures such as its "One Child Policy" which makes it illegal to have siblings. The extreme of population control is represented by the Voluntary Human Extinction Movement whose stated objective is "phasing out the human race" to "allow Earth's biosphere to return to good health." In his Foreword to *The Essence of Aikido*, Kisshomaru Ueshiba said, "Recently the number of people throughout the world diligently practicing Aikido while seeking to grasp the spirit of the founder's teachings has greatly increased, and this makes me truly happy." How would Doshu feel about this greatly increasing number of people throughout the world being "phased out"? Humans are a natural part of the biosphere and the cosmology of Aikido represents this.

The most talked about government action with respect to global warming is the Kyoto Protocol. Countries that ratify this protocol commit to reduce their emissions of carbon dioxide. Although these caps are national-level commitments, in practice most countries will devolve their emissions targets to individual industrial entities through even more regulation and government force. The Protocol sets forth a requirement that developed countries have to pay billions of dollars,

and supply technology to other countries for climate-related studies and projects. Many public policy experts see Kyoto as a scheme to either slow the growth of the world's industrial democracies or to transfer wealth to the third world in what they claim is a global socialism initiative. The compiler of O'Sensei's spiritual teachings in *The Essence of Aikido*, John Stevens, wrote, "In Aikido, the world is not governed by a celestial lawgiver, but rather depends on the harmonious cooperation of all beings acting in accordance with their spontaneous and free inner natures." If there is no celestial lawgiver, does this mean that O'Sensei did not believe in god(s)? No; he once said, "The Aikido I practice has room for each of the world's eight million gods and I cooperate with each one of them. The great spirit of Aiki enjoins all that is Divine and enlightened in every land. Unite yourself to the Divine, and you will be able to perceive gods wherever you are." Therefore, I take John Stevens statement as a rejection of anyone who places himself in a position of celestial (or merely global) power such as the Secretary-General of the United Nations. This global lawgiver has given us the global law of the Kyoto Protocol for all to obey.

But what of all beings acting in accordance with their spontaneous and free inner natures? If the idea of global warming frightens you, then you have personal choices at your disposal such as: lowering home heating and cooling usage, burning less gasoline, supporting renewable energy sources, buying local products to reduce transportation, telecommuting and teleconferencing to

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avoid driving or flying to work or meetings, turning off unused appliances, etc. You can encourage your friends and neighbors to do the same. However, you must honor your neighbor's choice. Readers of other papers I've written will recall that I've encouraged them to purge aggression from their lives. I do not believe that it is the Aiki Way to force your neighbors to make the same choices that you do, even by proxy. In conclusion, I would like to offer another quote by Morihei Ueshiba from *The Art of Peace*; "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." It has been my intention in this submission to apply the Art to the fear of global warming that I have encountered.

A Slower Pace

By Jude Miller

Due to a recent string of injuries and other ailments, I have found it very difficult to maintain an intense level during training, as training almost every day of the week can be very taxing on the body. As a result, I have had to slow down my training to preserve my body and to prevent injury. In addition to preserving the body, I have found that the nervous system and fine motor skills are better developed with this method. In Tang

Soo Do, taking five methodical minutes to do a form that would normally take 45 seconds to a minute to complete is still very difficult and tiring, and I believe that it better develops the center and one's ki extension. In Aikido, training slower protects the body (by means of softer ukemi) and allows one to blend with their partner and feel the techniques better. I have found that by training slowly the body more frequently has to support itself in very awkward positions that are not advantageous from a leverage standpoint. This forces the nervous system to adapt, and strength develops at a very fast rate as a result. In addition I have seen improvement in my balance, endurance, breathing, and flexibility. When I go through forms slowly in the morning, I feel energized and enlivened throughout the entire day. Once again, training is about peaks and valleys. Do is about longevity and consistency. It is good to train hard and fast, but taking time to train at a slower pace on occasion is very helpful towards achieving these higher ends.

Martial Arts vs. Martialism - What's the difference?

By Tim Speaks

In *The Martial Artist's Book of Five Rings*, an interpretation of Miyamoto Musashi's book of sword combat strategy by Stephen Kaufman, the term "Martialist" is used by Musashi to describe the particular way of life he followed. This was one of life or death by the sword and his writings center around his methods and strategies

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of sword fighting. Indeed, Kaufman states about his translation that it "is a book for the Martialist, not the martial artist." Yet, Musashi says that a warrior should "have an understanding of the peaceful arts as well as the killing arts." He talks of being dedicated to painting, sculpture, and poetry as well as the sword. His seeming pursuit of becoming a well rounded human being sounds very similar to what modern martial arts and Moo do/ Budo training encompass. Nevertheless, his primary study was the deadly art of the sword and how to kill, rather than be killed in mortal combat. This highlights a very important difference between the modern martial artist and the martial practitioner of Musashi's time.

As I have so far ascertained from Kaufman's book, the definition of a Martialist is one who practices a martial art for the primary purpose of skillfully killing an opponent in combat. If this is close to the mark, then a Martialist is simply a subset of a martial artist. Or perhaps Martialism is merely the application of martial arts to a combat situation. In fact, the freedictionary.com definition of Martialism is "The quality of being warlike; exercises suitable for war." Another interpretation of the term Martialist is defined by Phil Elmore, author of *Pacifism, the Case Against*, Distilled, as "a person who adheres to the doctrine of 'fighting unfairly,' of seeking every possible advantage in a confrontation in order to stack the odds in their favor." This school of thought makes no mention of the pursuit of mastery of any particular art form. I would infer from this definition that modern martialism is to make sure

you always have a big gun in your pocket in case somebody pulls a knife on you. If your only goal is for self defense, then this philosophy will probably work just fine provided you know how to use a gun.

Although the realities of life and death are just as real today as they were in Musashi's time (the 16th Century), modern martial artists seldom engage in duels to the death. In fact many tend to focus on the "Art" more so than the "Martial" aspect. Many modern practitioners, especially those who have been training for any length of time, tend to focus on the continual refinement of any particular technique for reasons other than how well it will kill. It is conceivable that some modern martial arts practitioners never even consider the deadly origins of their art. These people, being so far removed from the martial aspect of the art couldn't be more different from the martialist's of Musashi's time.

Ultimately, modern martial artists, unlike Martialists, are free to practice their art for reasons other than preparation for mortal combat. This is probably due to the fact that modern warfare is typically conducted with guns and bombs rather than swords. Thus, a modern martial practitioner can focus on the refinement of their art solely as a vehicle of refinement of their self, rather than a method of more effective killing. However, to forget the more serious martial aspects of your art is to run the risk of missing the meaning behind the motions in your particular art. It may also lead to a lack of seriousness to your training, which will rob you of real progress. After all, if your only purpose for

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training were to achieve enlightenment, you would be far better off meditating beneath a fig tree on the side of a mountain.

Thank you...

By Sam George

I would like to thank the students of the Center for Aikido and Tang Soo Do Studies for their support of our school. Without your support, there would be no school. We have had a good year both financially and spiritually.

I am looking forward to this coming year with some of the new programs that have been started and will be started. The more people that we can serve and give the gifts of Aikido and Tang Soo Do, the more likely it is to bring a little more peace into the hearts of the people who come to our school.

To close, I hope that everyone had a great holiday and was able to spend it with family and friends and hope that the New Year is a good one as well.

"Be Like Water"

By Hal Render

The Tao Te Ching, the ancient source-book for Taoism ("the study of The Way"), says in one of its most famous chapters that "The greatest good is like water; it travels in places that men reject, and so is like The Way." I have always been very moved by this passage, for it expresses what I feel is a key element of Aikido.

Water is one of the fundamental elements of the ancient Greek view of the universe (earth, air, fire, water). Water is, in modern evolutionary theory, the place in which life originated and composes 98% of the human body. Water is a source of life and a source of cleansing power. Still, water can be vastly destructive, as floods and tidal waves have shown much too recently. Given this, it is no surprise that water, with its characteristic flowing power, is often cited in explanations of how to behave in martial arts. For the aikidoist, I find water to be one of the most useful and an appropriate subject for analogies to invoke insight into how to behave in both a physical and a spiritual manner.

In a physical sense, much of Aikido technique can be performed better if one imagines water. Like a huge wave, irimi ("entering") techniques should be performed with a great flowing, welling sense of ki energy that washes over uke. I first felt this energy as a child when I was playing in the surf and was literally picked up and smashed on the shore by a large wave. I felt this energy later when, acting as uke for Medeiros Sensei, I was thrown by a wonderful kokyu-nage technique. The feeling for both was the same -- it was as if I was effortlessly picked up and then dropped, hard, with the breath knocked out of me.

Water can also be felt as an immovable object. Anyone who has ever dived or jumped into water from a great height has experienced this. For me, it was the first time I jumped off a 3-meter diving at

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our neighborhood pool. I expected the brief moment of falling, but I didn't expect the huge slap of the water on my body. It hurt! I had never felt that jumping off a low board, so it was quite a surprise. I have felt this similarly when, rushing at Medeiros Sensei during a demonstration, I grabbed his extended hands and literally bounced off and fell backwards. I had expected his ki extension but had not felt it so forcefully before this, so it was another eye-opening experience.

At slower speeds and lesser volumes, water flows around objects without seeming to affect them. I spent hours as a kid playing near creeks and rivers, and I spent much of that time watching water flow around rocks, logs and trees. The water didn't seem to affect the objects, but over time you could see how the rocks were smoothed and washed downstream, how the logs were shifted and worn away. Aikido can be like this, too. When confronted by a strong attacker, you can flow around his attack without being struck and still change his direction and intent. I see tenkan practice with a partner (tai no henko) in this way. I don't think about controlling uke, just about flowing around the attack and blending with it. Note that these are all physical examples. Each has many analogues to non-physical situations, when one is confronted by words instead of actions.

Water, too, must be considered for its life-giving properties, and I think this is an important analogy for martial arts training. Just as water can protect and sustain you, so too can your martial arts training. Even if you never are confronted by a real

attacker, the daily practice of a Martial Way can fill you with same energy, the same feeling, as a long drink of cool water after a hot and dusty hike. You must strive to remember this and to develop this feeling in your training, so that you can find it refreshing and invigorating.

Buzzwords and Progressive Martial Arts Schools

By Mike Parenteau

A number of weeks ago, I happened upon a martial arts school that had just moved into the strip mall in the neighborhood. It looked like what you might call a typical martial arts school...trophies, mats, kicking bags, etc. I read some of the literature that was affixed to the window and the name struck me. I won't name the school specifically, but it had the word "integrated" as a part of its name. My dictionary gives the following definition:

"Integrated": 1) combined or composite; 2) combining dissimilar things; 3) open to all people. Another definition the studio owner may have tried is:

"Intergraded": 1) to transform by stages. The latter definition, at least in my mind, would make for a more interesting conversation, as I'd like to think all "Do" arts evolve. With that, I would venture to guess that the school is using the first definition, subpart #2. So, I am guessing this is the new buzzword for new martial systems trying to make their way into a fickle market.

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Years ago, I recall a time when we were located at the USJA building. Mr. Miller and I were in the USJA (United States Judo Association) parking lot and while we were headed to train at the park across the street, we saw a bumper sticker that read, "Ninja-Samurai Kung Fu." How ridiculous! At that same time, the typical "add-on" word was "eclectic"... then "mixed" appeared and is now a sport purportedly bigger than boxing in viewership. Now, we have "integrated".

Our school, I'm sure like many others, has seen its share of ups and downs in regard to student enrollment. I often wonder if these progressive schools need to use these descriptive words to attract new students. It seems, to me anyway, that because of the current mixed martial arts craze, traditional schools are finding it increasingly difficult to attract new students and further, to maintain a healthy number of students. However, I'd like to think our school stands on the merits of what it does rather than an overly descriptive name, which may generate an insincere increase in student interest and enrollment.

So many things go in cycles, e.g. life, love, interest, etc. I hope that the cycle comes back to traditionalism soon.

2007 Retrospective

By Vernon A. Medeiros

The year 2007 has at last come to a close and 2008's gate is wide open welcoming each of us to venture forth and experience all the wonders that the natural world and the manmade world has to offer us

as we continue ever onward toward our destiny with death. Our dojang/dojo door periodically welcomes new students who venture forth onto the training area and experience the joys of traditional modern martial arts training.

During 2007 our school welcomed my original Aikido instructor from San Diego, John Sabo Sensei. He was our guest of honor for our yearly Expo event. Magali, a student from the Hagerstown branch, came to Colorado Springs as well. She enjoyed meeting my instructor and all of the other students. Kyosah Miller and Kyosah Speaks ventured to sunny California during the month of March and personally invited Sabo Sensei to consider our invitation to be our guest. It was a privilege and an honor to have Sabo Sensei visit our school. I look forward to having Sabo Sensei as our special guest during the 2008 Expo event. You will not want to miss this opportunity to train with him. I am also looking forward to yudanja/ yudansha testing during the Expo.

Great things are happening at our school. Valerie Powell is currently teaching an Aikido class for children on Tuesday and Thursday afternoons from 5:30–6:30pm. This is a great opportunity for the Colorado Springs community to be able to have their children learning the art of peace from a remarkable student of aikido.

Jack Hoyt is currently offering a midweek daytime class. Wednesday's to be exact. The class time is 9:00-10:00am. This class is a welcome addition to our class programs.

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Sensei's Hal Render, Sam George and Rob Roberts are doing exceptional work keeping our Aikido school in business. I thank each of them for their efforts and sacrifice.

Sabom Mike Parenteau and Kyosah's Tim Speaks and Jude Miller work very hard to keep our Tangsoodo school in business. Words alone cannot convey my deep appreciation for the sacrifices that this group gives as they struggle to keep the flame of Tangsoodo burning in Colorado Springs.

The Hagerstown YMCA Aikido group is small but sincere. Magali has six years of aikido training experience; two of these years have been spent with me. Andrew started his aikido training with me at the YMCA about two years ago. Lawrence

and Keith recently joined and they seem to enjoy the class. Many others have come and gone and like the Twilight Zone their names are a blur in my mind. I hope to have testing this January 08 for Andrew. I enjoy the classes that we have. My hope is that more people will find us and join so that we can share the art of peace with them. Our aikido class is now included in the YMCA fitness program schedule. It has taken three years but the wait was worth it.

Great things happen when we extend strong Ki into our lives and to others. The secret is to honor Budo/Mudo. This is the secret to true success in Aikido and Tangsoodo training. Hmm...! I suppose I could have written, "...strong Ki into the world as we live our lives to the fullest." I assumed this concept was understood.

Hints

OK, instead of just hints, we'll help you on your quest...just a few though:

O'Sensei passed away in April of 1969.

Saito Sensei was born in March of 1928.

KJN Hwang H.C. was born in March of 1953

GM J.H. Lee was born in April of 1938.

Enjoy!