



ABUNDANT PEACE AIKIDO & T'AI CHI

Connections

Editorial



February always seems to be a busy month for our Community, and 2011 will be no exception. This month will see the graduation of one group of T'ai Chi students, many of whom will hopefully choose to remain a part of our martial family as they continue their studies. We congratulate and welcome them!

That means another group of beginners will begin their journey, on the 5th; please join me in welcoming them to what for many may initially seem an odd and perhaps unsettling experience.

The most exciting event planned for this month is the Aikido Seminar we will host on the 19th, 20th, and 21st, with David Goldberg Sensei of the River of Life Centre in Fort Washington, Pennsylvania. Although we provide the facility for Cyndy Hayashi Sensei, that seminar is actually sponsored by Northern Alberta Aikido; the seminar planned for later this month is ours, and is something that has not happened for a long time. We will count on the support of all of our members to make this the first of many!

2011 promises to be a banner year for our School and Community; we look forward to our many successes in the coming months, and to training regularly with each of you!

Stuart

February 2011

Corporal Francisco Gomez Memorial Library

February marks the first anniversary of our Library; that is a significant milestone, one we should all be proud of.



That said, this benchmark is also an opportunity to take stock of what we have done, and to resolve going forward that we will take this to the next level.

In recognition of this Anniversary I challenge each member of our community to do two things sometime in the next six months; first, borrow something from our Library and read it, and second, make a donation of a book or other media.

We must never rest upon what we have achieved; we must resolve to do more!



Promotions

We congratulate those of us who were promoted in January of 2011:

Kids

- Peter C. 14th Kyu
- Ryan T. 14th Kyu
- Cassidy D. 14th Kyu

Adults

- Matt C. 9th Kyu
- Terry M. 7th Kyu
- Scott R. 7th Kyu
- Shannon K. 6th Kyu
- Colleen M. 6th Kyu
- Marc P. 6th Kyu

Congratulations!

Spring Course Calendar

The Inner Art of Relaxation. In today's society our biggest threat is stress. It is the leading cause of disease and unhappiness. This workshop will provide you with simple and effective ways to transform your stress into healing and relaxation. Drawing upon methods from various disciplines such as Qigong, T'ai Chi, meditation and Yoga, this powerful workshop equips you with the tools to effectively reduce the negative effects of physical and mental stress we experience in our hectic lives. You will learn to immediately manage and dissolve stress, bringing greater balance, peace, and health into your life.

Sunday, 13 Feb 11, 2:00 to 5:00 PM, \$75

Weekend Retreat "Meditation Made Easy". Find out how easy meditation is, and learn that anyone can do it! Meditation is an ideal vehicle for developing a base of relaxation and stress reduction in your life. It is the process for opening the "gate" to your inner self and source. Rather than a way to escape from life, meditation is an ideal means to greater clarity and presence in moment-to-moment living. Various methods are explored, with an emphasis on practical application in daily living. This retreat optionally includes meals and accommodations; speak with Sifu Brad for further information, or to register.

March 19th and 20th, 2011; \$280

Emergency and Preventive Self Defense. Discover simple yet very effective ways of emergency and preventive self-defense in this one day program. You will learn basic skills that you will be able to immediately use to make yourself safer, and more capable of handling any situation. This program offers a no-nonsense and practical approach teaching effective techniques that do not require size, strength or special skill.

Self defense is a life skill; become safer in your home, on public transit, on the street, in your vehicle, or at any time you may find yourself in a dangerous situation.

Sunday, 15 May 11, 2:00 to 5:00 PM, \$75

Announcement

Congratulations to the Fall 2010 T'ai Chi Class; your effort, patience and commitment have finally paid off... you've graduated! We will celebrate this milestone with our third "noodle night" sometime in February; now, your T'ai Chi journey will truly begin!



Announcements



Abundant Peace is pleased to announce a very special seminar on the weekend of 19th, 20th and 21st February 2011, when we will host David Goldberg Sensei, Godan, of the River of Life Centre in Ft. Washington PA.

SATURDAY 19 FEBRUARY 2011
6:30 TO 7 PM: REGISTRATION
7 TO 9 PM: KEIKO

SUNDAY 20 FEBRUARY 2011
10 AM TO NOON: KEIKO
NOON TO 2 PM: LUNCH
2 TO 3:30 PM: KEIKO
4 TO 5:30 PM: KEIKO
EVENING SOCIAL EVENT

MONDAY 21 FEBRUARY 2011
9:30 TO 11:30 AM
TWO SWORD KATA OF MITSUGI SAOTOME SHIHAN

Fees:
SATURDAY AND SUNDAY:
\$90 OR \$40 PER SESSION.
SPECIAL MONDAY SESSION: \$40
FULL WEEKEND: \$120

This is a very special event for our school and community; we must all support it to the best of our ability! In addition to strong attendance from our aikido students, we will need volunteers to assist with registration, photographs, and other essential tasks. Please see Stuart if you are willing to help!

Spring 2011 T'ai Chi Beginners Course begins Saturday, February 5th. If you are interested, or know anyone who might be, please inform Sifu Brad. Aikido students: t'ai chi helps develop core strength, stability, strong posture and unified motion!

Dojo Care and Mat Maintenance will be done on Saturday, February 19th details will be announced as part of the seminar planning process.

The final "Noodle Night" for the Fall 2010 T'ai Chi course will take place sometime in February; details TBA.

Spring Special: we are pleased to announce that members of our school are invited to try the "other art" free for one month! If you are a student of either aikido or t'ai chi, you are encouraged to take advantage of this opportunity to try the other, free of charge. This offer is only available until February 28th, so act quickly!

Family Special: we are pleased to announce that, in honor of Family Day, all family members of our present students are able to attend one month of classes, either aikido or t'ai chi, absolutely free! This offer also ends February 28th, so act now!

David Goldberg Sensei

In his youth, Goldberg Sensei trained in the arts of Okinowan Kenpo and Tae Kwon Do. After college, Sensei continued his training in the martial arts. In 1983, he found Aikido, and has been training ever since. He currently holds the rank of Godan (5th degree black belt).

He began his training in the Kokikai organization with Michael Wirth Sensei under the direct auspices of Shugi Maruyama Shihan, and graded to the rank of Nidan (2nd degree black belt). He then studied under Fumio Toyoda Shihan for one year. Since 1993, he has studied under Mitsugi Saotome Shihan, founder of the Aikido Schools of Ueshiba (ASU) organization. As a direct disciple of Morihei Ueshiba, the founder of Aikido, Saotome Shihan is renowned throughout the world of Aikido and martial arts.

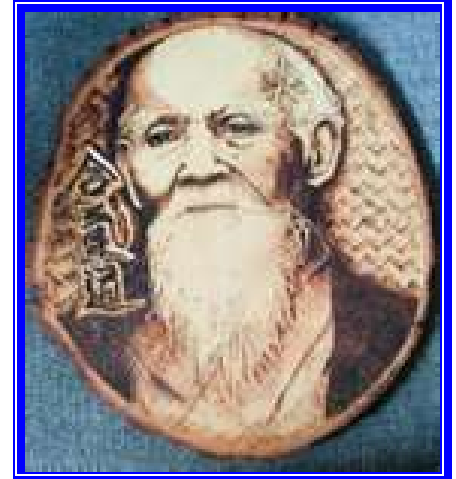


Goldberg sensei received his Sandan (3rd degree black belt) from Saotome Shihan directly in 1995, his Yondan (4th degree black belt) in 2001 and Godan in 2008. Goldberg Sensei continues to study actively under Saotome Shihan and his senior instructors. Goldberg Sensei has also traveled to Hombu Dojo, the Aikido World Headquarters in Tokyo, Japan, to train with Moriteru Ueshiba Doshu, the head of the living Aikido lineage.

Sensei leads lively classes, deeply rooted in Aikido principles, with focus on martial awareness. In every class he teaches, he brings a blend of martially effective and spiritually lively training. Goldberg Sensei hopes to help each student find their own 'dependable calmness.'

Finally, David Goldberg is also a metal artist, and a maker of fine knives and swords in the traditional method. He will bring with him a few battle ready katana, which will be available for sale for \$750 to \$1000. He may also have one or two battle ready and heirloom quality blades, which will sell in the \$3000 to \$5000 range.

O Sensei's Wisdom



"Budo is not a means of felling the opponent by force or by lethal weapons. Neither is it intended to lead the world to destruction by arms and other illegitimate means. True Budo calls for bringing the inner energy of the universe in order, protecting the peace of the world, as well as preserving, everything in nature in its right form. If your opponent tries to pull you, let him pull. Don't pull against him; pull in unison with him. Aikido does not rely on weapons or brute force to succeed; instead we put ourselves in tune with the universe, maintain peace in our own realms, nurture life, and prevent death and destruction. The true meaning of the term "samurai" is one who serves and adheres to the power of love."

-Ueshiba Morihei, O Sensei-

Great news; early morning aikido keiko will resume on Mondays and Thursdays, beginning on February 28th at 6:00 AM. The mat fee is only \$10.00, so join us if you can!

Remember, this is your newsletter and, while I am happy enough to edit this publication I will also always welcome stories, articles and even poetry written by our members!