

# Connections

The Newsletter of Abundant Peace Aikido and T'ai Chi School

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## Editorial



## Missoula 2011

Our Missoula trip was once again a remarkable journey, both from the perspective of the amazing training experience we enjoyed, and even more as an exercise in community building. We set a new attendance record, with fourteen of us on the mats; our "Tonne o' Fun" shirts continue to be a big hit; we even received a round of applause when we walked into the potluck supper!

Another highlight of the Seminar was Saotome Sensei calling on our own Marcel, on several occasions, to show the "ineffectiveness" of weak technique on a person who is at least "a little" larger than you are! Rounds of laughter echoed through the Dojo, as we watched Sensei "climb the mountain" that is Marcel.

On behalf of Sensei Brad, my thanks and appreciation to those members and families who made time to attend this event. It will elevate our personal training, and by doing so will improve the caliber of the training for every member of our Aikido Community.

September was an especially busy month for our Aikido and T'ai Chi community. We once again hosted the joint Aikido Seminar with Northern Alberta Aikikai, welcoming Cyndy Hayashi Sensei to our Mats for what was another excellent seminar. This has become an annual event, and we look forward to Hayashi Sensei's return in September of 2012. Our other major Aikido event was the annual pilgrimage to Missoula to study with Saotome Shihan, which was another great success.

On the T'ai Chi side, our Fall beginner class has begun; please bear in mind that anyone interested in trying this excellent wellness program may do so at any time until mid-October, and let your friends and family know that they will enjoy a two week trial at no cost!

Our martial community continues to thrive, and certainly adds value to each of our lives. This is something we must all treasure, and nurture, in turn. I look forward to my own personal return to the mats!

## Special Announcements

**Sensei Brad is pleased to announce** the launch of a new Health Newsletter! This on line publication will cover a wide range of general health related topics, with a special focus on the blending of timeless wisdom with modern science and technology. Check it out at [www.improvehealthnow.net](http://www.improvehealthnow.net) or ask Brad for details.

New at [www.abundantpeace.com](http://www.abundantpeace.com) is our new T'ai Chi video, and coming soon are new Aikido, Kids Aikido, and self defense videos. Check our web site regularly, as it is always kept fresh by our Web Master; in addition to the regular events pages and the like, there are always new videos, articles and story pages to look at.

*Congratulations to Patrick F. promoted to Jr. 11<sup>th</sup> Kyu, in September 2011; well done!*

## ANNOUNCEMENTS

**Special Training for the month of October** will take place on the evening of Friday, the 14<sup>th</sup>, from 6:30 to 9:30 PM. The focus of this mini-seminar will be material gleaned from the recent Saotome Sensei Seminar in Missoula. This training is open to all ranks, so please join us if you can.

**Thanksgiving weekend arrives soon!** Classes will be held on Friday evening, and Saturday afternoon. Sunday classes are cancelled, but please remember to join us for **“Holiday Morning Keiko”** at **8:00 Monday morning**. These are a great way to start your Holiday, and we always enjoy the breakfast after the practice!

**Dojo care and mat cleaning** will take place on the afternoon of Saturday, October 15<sup>th</sup>, from 1:30 to 2:00 PM. Students of both Aikido and T'ai Chi are invited to come in and join in as we care for our wonderful “place of the way”.

**Training supplies such as uniforms and weapons** are available for purchase through the School. Prices are competitive; you can be guaranteed that the goods you acquire will be of sufficient quality for the rigors of our training; and, the convenience of having these items delivered to you at class cannot be beat! Ask us for details.



“We must cultivate and rebuild the ki of our spirit. Aiki is weaving the fabric of the universe in our body. It is to absorb in our body and entwine our self together in harmony with the framework of the universe. Furthermore, it is to connect the self with the hearts of the people of the world and foster goodwill and unity. From now on it goes without saying that we must refrain from war. We must not participate in fighting or warfare. Everything is to be done through harmonious connection. If we fail in doing so, true strength will not manifest. Failing to do so will make your practice in vain.”

Ueshiba Morihei, O Sensei

## Fall Course Schedule

**Eight Pieces of Brocade Chi Gong**  
Sunday, October 16<sup>th</sup> 2011, 2:00 to 5:00 PM

This is an ancient form of movement Chi Gong consisting of eight gentle exercises. Easy to learn and fun to do, it takes only ten minutes to complete the set. It will stimulate the major acupuncture meridians, which will restore a strong flow of qi or energy. Tremendous for dissolving stress, it also increases muscular strength, improves balance, and enhances flexibility.

**Inner Art of Relaxation**  
Sunday, November 6<sup>th</sup> 2011, 2:00 to 5:00 PM

In our modern age, stress is the greatest threat to our health and well being. This easy and enjoyable program will teach you how to effectively reduce the negative effects of the stresses of our daily lives.

**Sitting 8 Pieces of Brocade Chi Gong**  
Sunday, November 27<sup>th</sup> 2011, 2:00 to 5:00 PM

This is a gentle set of eight easy to learn movements, different from the standing set, which will build good health, mental clarity, and increased flow of energy throughout the body. It is very meditative and internally focused; a great way to energize at the start of your day, or to wind down at the end of it.

## O' Sensei's Wisdom

*“All things, material and spiritual, originate from one source and are related as if they were one family. The past, present, and future are all contained in the life force. The universe emerged and developed from one source, and we evolved through the optimal process of unification and harmonization.”*