



# Aiki Budo Centre Newsletter

(November 2007)

## Adult Class Times Aiki Budo North

### Monday

6:30-8pm Adolescents 12 &  
Older with Adult Participation

### Tuesday

7-8pm PUC/Beginners Class  
7-8pm Weapons Training  
8-9pm Intermediate Belt Levels

### Wednesday

6:30-8pm Adults Open Class

### Thursday

7-8:30 pm  
Advanced Level Class

### Saturday

10-11am Adult Open Class  
11-12noon Weapons Training

## Instructors

Jaime Sheppard	5th Dan
Steven Chau	4th Dan
Greg Gruninger	4th Dan
Christine Earl	2nd Dan
Jon Oaker	2nd Dan

*Class Cancellations, Photo's,  
Upcoming Clinics and more...  
Check us out on the Web!  
[www.aikido.on.ca](http://www.aikido.on.ca)*



## EDITOR'S NOTE

OK... it's been a while... OK quite a while... Lots of stuff has happened during our layoff, including a visit to London by Terada Sensei and his entourage and a clinic in Indianapolis attended by our senior black belts.

Now, for my plea... Those who know me have probably noted a mild streak of obstinance in my character. If I don't see a point in doing something, I usually don't. (Fear not Sensei, my lovely wife thinks I'll look cute in the 'skirt'!) Without content there's not much value in producing one of these. So, please, if you have something to contribute, do so. Send submissions to me at:

[cat.halloaker@sympatico.ca](mailto:cat.halloaker@sympatico.ca)

This applies to new members as well as seniors! The worst that'll happen is that it won't be publishable (at which point you can complain about what an arbitrary jerk I am) or you'll offend some high ranking belt and get thumped on the mat (always educational)...( just kidding)

Finally, in this age of environmental awareness, it would be nice to circulate this newsletter electronically as much as possible. If you would like to receive it in such a fashion, give me your e-mail address and I'll be more than happy to do so, thus cutting down on the number of paper copies we need.

Thanks

## Book Review by Robyn Harvey RMT

### **STRETCHING**

Author: Bob Anderson

Publisher: Shelter Publications Inc

This is a hand drawn picture book written by Jean and Bob Anderson during the first blush of the exercise revolution in the 70's. The drawings, done by Jean, are deceptively simple to avoid overwhelming a beginner. Like the masterful book Aikido and the Dynamic Sphere, the figures are rendered in a minimalist fashion, thus eliminating unnecessary information and directing the eye to key clues in the posture. This makes imitating the workings of the stretch immediately accessible. Subtly, deeper layers of information open to the reader as they study the drawings more deeply over time.

What is apparent right away is that the drawn figures of Bob are relaxed and comfortable. It's this non-threatening attitude that stretching is ok which sets such a positive tone for this book. No one would mind stretching if they could feel as good as Bob's likeness looks while doing it. Another aspect to the warmth in the drawings is the closeness that clearly exists in the partnership of this working couple. Photography often gives the misleading message that stretching is only for those who look as good as the gorgeous bod in the picture. A buff athlete straining for perfection can also unconsciously guide the reader to imitate the athlete's weaknesses rather than their strengths. The grimace or smile can misdirect attention away from the point of the exercise to the athlete's struggle to perfect it. Jean leaves the drawn faces blank so that only the body language is left; clearly showing the focus of the stretch.

As with all how to books, STRETCHING is meant to guide you easily into being able to perform the stretches on your own. The most appealing part of its design is that it does not have a step by step formula to success. It's

not a do it my way or fail format. Instead the authors designed an indexed body chart with the possible points of stiffness, aches and pains matched with the page numbers of the stretches that relieve them. With virtually every part of the body covered, you simply find the several stretches suggested from the index and play around with them until one works. It's left up to you as to when you've had enough. Your success is your teacher. You'll only go back to the ones that work for you.

For those who plan to incorporate stretching habits into their daily schedule but don't want to carry the entire book around, there are summary pictures after each section to be photocopied. The 8.5 X 11 format was designed before the copyright laws were instituted and was originally intended to be photocopied for personal use. It has great routines for each sport and lifestyle arranged so that each fits on one handout style page. The idea is to hang routines by kitchen sink, next to your desk, or bathroom mirror, on your gym locker door or in your gym bag. Stretching only works if the concepts can be adapted to where they are needed, so the book was designed allow you to adapt it to your needs.

I think this is a great book that anyone can use. Its understated style still has all the elements necessary for moving on to the understanding of more complicated works like Light on Yoga. It should still be popular in another thirty years.

I give it 4 ½ stars!

**“The purpose of training is to tighten up the slack, toughen the body and polish the spirit.”**

Morihei Ueshiba

## Some Important Changes and a Historical Explanation

By Jon Oaker

Ten or eleven years ago when I first joined the Aiki Budo Center it was in its infancy. Founded by a small group of people, (most notably Senseis Jaimie Sheppard and Ashley Hennessey ) it was to be a vehicle for the nurturing of Aikido in London and as such was never intended to be a for profit business. This basic precept has not changed. None of the instructors are paid for their efforts on the club's behalf nor does Sensei Jaimie have a secret bank account in the Cayman Islands.

What have changed unfortunately, are the complexity and cost factors associated with running the dojo. Our home, Carling Heights has over the same time period, been transformed from a new, very under-utilized facility, to a major recreational asset for the city and as such their rates have gone up drastically with the demand for their resources. Add to this the reality that we require very expensive tatamis (more people = more tatamis needed) to train.

The final factor effecting the changes which I'll be discussing is the complexity factor. With 15 or so members and effectively two dojo chos it was really simple to administrate the day to day business of the dojo. It was easy for members to get their fees to an appropriate person, and it was really simple to keep track of the payment status of everyone. Now, with a shifting base of anywhere from 30 to 60 members I am personally surprised that our fearless leader, Jaimie, isn't curled up whimpering in a corner with a fuzzy blue blanket.

So, here we get to the crux of things.... How do we manage to keep the dojo afloat financially while at the same time maintaining the core beliefs which, in my opinion, make the Aiki Budo Center a special place?

This joyous task seems to have dropped in my lap and it's my personal feeling that more than anything else it is going to be a matter of putting a structure in place that allows us to meet our financial requirements with an absolute minimum of hassle! (surprise, surprise that I have no interest in spending large amounts of time chasing and accounting for funds!!!). So, here's what we're going to do...

1. Everything that happens in this regard is, of course, being done in consultation with sensei Jaimie, and is subject to his discretion. Personally, I'm hoping that by streamlining the administrative stuff, he will be able to spend less time and energy on administration and focus his efforts where we as a club need them... (frivolous things like teaching and his own training).

2. We will be implementing a dues paying procedure modeled after the one currently in place for our children's program. Basically all it entails is each member being assigned to a specified payment period and being issued the necessary paperwork at the beginning of the period. You will also be issued a receipt for payment (not so much for your benefit as to give us a way to deal with any disputes, usually due to paperwork screw-ups, which are bound to happen). For those members familiar with my manner of dealing with paperwork/administration, I shall try to treat the adults with a tad more dignity than I do the kids.
3. This is actually a secondary issue, but unfortunately, it looks all too likely that there will be a dues increase next year. Part of the drive behind this initiative is the desire to keep our rates as absolutely low as is feasible. Hopefully, we will find that by streamlining our process this apparent need will be eliminated or at least minimized. (As a side note, certain payment options such as the family plan will have to be revisited.)
4. On your part, as members, we need several things. First, **we need you to fill out the attendance!!...** (insert sheepish grin from yours truly here). Surprisingly, it seems much easier to keep track of one's customers if you know who they are! Secondly, pay your dues in a timely fashion. This second item is rather obvious and I'm not stating it as an accusation of any kind. It's just a basic reality. Third, and from my personal point of view as the poor slob trying to implement this stuff, if you are having a problem meeting your obligation, please come discuss the situation with myself or Sensei Jaimie!! One of the keys to this dojo has always been recognition that, as inconvenient as they sometimes are, we all have lives (except perhaps Joe). Cars break down... roofs blow away... kids need braces... textbooks must be bought... etc. (I'll stop the list here because it's depressing me). In other words, and over the years this has become a bit of a personal mantra to me, s--- happens. That's not a reason to stop training. One of the differences between us and most other dojos is that we aren't just after your money. Our main focus has always been a sincere desire that people have the opportunity to train and grow in their aikido.

So, to wrap this up, these changes are being put in place in an effort to ease frustrations of both the members and those trying to administrate our club. Personally, I would greatly appreciate everyone's co-operation.

Thanks.

## **BETTER LATE THAN NEVER**

Since the last newsletter, our dojo has had a number of members test for significant belts.

**Sensei Jaimie Sheppard** 5<sup>th</sup> dan

**Sensei Steven Chau** 4<sup>th</sup> dan

**Sensei Greg Gruninger** 4<sup>th</sup> dan

**Sempai Bob Brown** 2<sup>nd</sup> dan

**Sempai Jon Clifffen** 2<sup>nd</sup> dan

**Sempai Hiro Ishihara** 2<sup>nd</sup> dan

**Sempai Matt Knight** 2<sup>nd</sup> dan

**Sempai Joe Sebastio** 2<sup>nd</sup> dan

**Sempai Ed Vivoda** 2<sup>nd</sup> dan

**Sempai Chris Wilson** 2<sup>nd</sup> dan

While all gradings from 9th kyu on up are significant accomplishments, these are particularly so to the Aiki Budo Centre as they reflect on our continually growing level of teaching expertise.

Congratulations to all of those mentioned.

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### **Weapons Program New Time and Location**

**Starting Sunday November 4th**

**Sundays from 12:30-1:30**

**Trinity United Church, 76 Doulton St**

(Ignore the address... It's on Hale St. just south of Dundas... The big building that looks like a church)

## **HO HO HO**

Okay, it's that time of year once again! Aiki Santa is busy dusting off his festive red gi and refusing to dye his feet black. (Apparently he doesn't have to stop shaving as the whiskers magically take care of themselves!)

For those members who are new to our club (and for those who've taken one bad breakfall too many) please allow me to explain.

Since the inception of the Aiki Budo Centre we have held an annual holiday do. All members are invited along with their families for an informal (except for Aiki Santa and his helpers who attend in formal attire) get-together in the dojo. It's held during what would normally be Saturday class time and no gi is required (although as a holiday tradition we do enjoy harassing the poor slob who forgets and shows up dressed for training)... (yes, it happens every year!)

Food is pot-luck (with excellent coffee) and all children 12 and under will receive a gift from the jolly old black belt! (let us know if you're bringing such a child(ren) so that Santa can be prepared)

This year it will be held on Saturday, December 8.

Hope to see you there.

**"Always practice the Art of Peace in a vibrant and joyful manner."**

Morihei Ueshiba