

CHUDOKAI

EXPRESS



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ALABAMA

DON'T FORGET!!

Road Rally

JULY 31

Instructor's Class

AUGUST 3

Kyu Test

AUGUST 4

CAFI Summer Synergy

AUGUST 12-13

Warrior's Weekend

AUGUST 26-28

Pinery Camp

SEPTEMBER 2-5

details inside...

Chudokan Dojo students, you do not know how fortunate and lucky you are. Fortunate and lucky to have a top ranking, highly saluted teacher such as Shihan Blok. Our recent trip to Alabama allowed the few Chudokan Dojo students and myself that attended, to come to this conclusion.

We could see it in everyone and everything. Especially through the eyes of those who were meeting Shihan Blok for the first time. He was in the ears and on the tips of every student's tongue as he began demonstrations and talked about the art of Aikido. It was also shown through the respect and admiration that could be seen between Shihan Blok and Renshi Van Bushnell.

Recalling a conversation between one of Renshi Van Bushnell's yellow belt students and myself, I was asked if this was my first time attending a Shihan Blok seminar. I said no, but it was my first time coming Alabama. She then questioned as to where I was from and I stated that I was Canadian. With that, an overwhelming glow came upon her face as her eyes widened and a large smile formed. "So you see Shihan Blok everyday?" she asked as she looked at me with amazement. "I guess so," I replied. "You are so lucky!" she expressed with great sincerity.

It was then that I realized how fortunate and lucky we all are as Chudokan Dojo students.

Charly Badaoui

Special Events

Road Rally

This year's Road Rally is scheduled for:

- Sunday July 31 at 9:00am
- Everyone's welcome to participate and new students are encouraged to take part

Instructor's Class

The next instructor's Class is scheduled for:

- Wednesday August 3 at 7:00pm
- Class will be held at Blok Shihan's home - 625 Laurier, LaSalle, ON, 978-1263
- All Chudokai Instructors are *required* to attend

Kyu Test

The next kyu tests will be held on:

- Thursday August 4th at 11:00am & 7:00pm
- All who are eligible and ready are encouraged to test
- There is no Relaxed Aikido class on the day of the test

SUMMER SYNERGY

The 1st Summer Synergy is scheduled for:

- Friday August 12 & Saturday August 13
- Experience a chance to engage in Aikido classes taught by various instructors within our Chudokai Aikido Federation.

Pinery Camp

This year's Pinery Camp is scheduled for:

- Friday September 2 until Monday September 5
- All are welcome

Dan Examination

The next Dan Exam is scheduled for:

- Saturday October 8th at 11:00am
- There is no Little Samurai and no Aiki Buki class this day

Quote...

"If one is calm, undisturbed, and unagitated, things can be seen in their true light and this leads to the development of natural wisdom."

"Aikido is nonviolence...In Aikido we never attack. If you want to strike first, to gain advantage over someone, that is proof your training is insufficient. Let your partner attack, and use his aggression against him. Do not cower from an attack; control it before it begins."

-Morihei Ueshiba (founder of Aikido)



Test Results...*Congratulations to all those who tested!*

CHUDOKAN DOJO, Windsor, Ontario, Canada

YOUTH

Indica Keech
Garrett Lesperance

Jr. 9th kyu
Jr. 8th kyu

Pamela Strudwick
Derek Doig
Slavce Galjovski
Joanne Dixon
Ken Breault
Joseph Maadi

9th kyu
9th kyu
7th kyu
6th kyu
6th kyu
6th kyu

ADULT

Chris Laforet
Grant LeHoux
Kelly Murphy
Angie Carroll

9th kyu
9th kyu
9th kyu
9th kyu

Adam F. Huss
Mike Smith
William Triolet

1st dan
1st dan
3rd dan

ON GUARD CONTROL/DEFENSIVE TACTICS, Windsor, Ontario, Canada

Non-Physical Crisis Intervention Course Graduate

Adam F. Huss
Steve Decaire
Brian Aylward
Adam Hockaday
Keith Deslippe
Michael Dubé
Norman H. Saxon
Boris Glavas
Neal G. Ruseff
Christopher Allan Kartje

Tactical Handcuffing - Basic Course Graduate

Dawne M. Luden
Stephen A. Smith

Baton Basic Instructor Course Graduate

Adam F. Huss
Keith Deslippe
Michael Dubé
Norman H. Saxon
Christopher Allan Kartje
Chris Avdoulos
Neal G. Ruseff
Boris Glavas
Zeljko Vujic
Patrick McCain
Brian Aylward
Steve Decaire
Anne-Marie MacDonald

Quote...

"Those who know, do not speak; those who speak, do not know."



Ask Sensei...

If you have any question you would like answered, just write it down and place it in the Ask Sensei box located on the shoe shelf in the dojo. Blok Shihan will do his best to answer all questions asked. Thank you for all of the excellent questions so far. Osu!

Q Are horses native to Japan?

A No. They were brought from China by boat via the Korean penninsula many hundreds of years ago.

Q When uke wants to regain balance in a technique, shite will blend with that energy. How does shite guess the intent of uke? Does uke assume that shite wants uke to try to regain balance? What if uke co-operates in an unexpected way? Thank you. Osu!

A Well this is a statement and three separate questions. Since they are all related, I will deal with them all at once here. Maintaining balance is a natural and usually subconscious activity in a person. When we begin to lose balance, we go through many processes to regain balance. We may be consciously aware of this (but usually after the fact) and can add some additional movement or action to re-stabilize ourselves. But in general, our actions are reactive (after the off-balancing has occurred) or sometimes reflexive (happening at approximately the same time as the off-balancing) but most always without conscious effort. Shite does not need (nor should try) to "GUESS" the intent of uke. It is about feeling, the energy. We can logically predict how someone might respond to an off-balancing action, but this is never a surity. We flow with their energies. We

move to blend with them. We train to make this as smooth and fluid as we can. It is called KIMUSUBI - the blending together of the energy (KI) of two life forms. One is not trying to overcome the other. Like two dance partners in ballroom dancing, one person leads and the other follows as flawlessly as possible. There is no guessing where or how each person will move. Each feels the other's movement and move together as one. This is the essence of the art of Aikido. The main difference is that from a martial arts perspective, uke may not want to follow shite's leads and movement or may be confused about what is going on. In this case Aikido becomes truly martial because uke often does unexpected things (ex. resists, tenses up, etc.). When this happens, shite's movements (when done correctly) can easily break bones, rip and tear ligaments and tendons and generally cause

serious injury. That is why we teach breakfalls and give instruction on how uke should move to eliminate and reduce the chance for injury. When uke follows shite, KIMUSUBI happens and there is no injury or damage.

Shite also follows uke's energy to blend his power with uke's movement. It is uke's movements that determine which technique shite will apply. In the best form, shite does not choose what technique to do. That way, anything that uke does will give energy that shite adds his own to and in doing so, can apply a technique that appropriately fits the situation. If uke suddenly changes movements (ex. pulls instead of pushes or adds a kick) shite embraces that energy, adds his to it and makes the technique that fits that opportunity (KIMUSUBI). Osu!