

# CHUDOKAI

## EXPRESS



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### SUMMER SYNERGY

## DON'T FORGET!!

Aiki Buki Test

SEPTEMBER 12

SEPTEMBER 17

Harmony in the Hills

SEPTEMBER 30-

OCTOBER 2

Instructor's Class

OCTOBER 5

Kyu Test

OCTOBER 6

Dan Test

OCTOBER 8

details inside...

I would like to begin by thanking Shihan Blok, Shihan Dai Jarrett, and all of the Instructors at the 1st annual Summer Synergy for an excellent week-end of training. Thanks go out as well to Renshi Gascoigne for the use of his truck and his driver Dale, and all the members of the Chudokan Dojo who helped me with my duties. There are too many to mention by name, but I am extremely grateful for all the hard work and advice.

As for Summer Synergy 2005, all I can say is "Wow". This was a very fun and exciting week-end in all ways. Incredible training and instruction followed by wonderful

festivities that were in no way dampened by the weather.

This was my first Aikido Seminar and I marveled at the different techniques I saw taught by our Aikido cousins. They were not worse than ours, not better than ours, just different and effective. I saw lots of energy on the mat, some bruises and even some blood, but most of all I saw lots of smiles. I believe everyone had as much fun as I did.

I am honoured to have been a part of a fine new tradition here at the Chudokan.

Scott Groot

### Quote...

*"Inner peace does not require the existence of harmonious circumstances in the outer world. Rather, it is a refuge from which you can literally rise above any turmoil or chaos that surrounds you."*

- Douglas Bloch

# Special Events

## Aiki Buki Kyu Test

The next kyu tests will be held on:

- Monday September 12th at 7:30pm & Saturday September 17th at 9:00am
- All who are eligible and ready are encouraged to test

## Harmony in the Hills

This year's Fall Camp at beautiful Jackson's Mill, West Virginia will be held from:

- Friday September 30 - October 2
- See flyer for more info or visit [www.usamaf.com](http://www.usamaf.com)

## Instructor's Class

The next instructor's Class is scheduled for:

- Wednesday October 5th at 7:00pm
- Class will be held at Chudokan Dojo
- All Chudokan Instructors are *required* to attend

## Kyu Test

The next kyu tests will be held on:

- Thursday October 6th 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

## Dan Examination

The next Dan Exam is scheduled for:

- Saturday October 8th at 11:30am
- The Little Samurai and Aiki Buki classes are to commence as usual.

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

## CHUDOKAN DOJO, Windsor, Ontario, Canada

### YOUTH

James Caruso	9th Kyu
Zeinab Al-Hoseiny	9th Kyu
Hussein Attar	9th Kyu
Abdul Attar	9th Kyu
Jacob Docherty	9th Kyu
Joey Docherty	9th Kyu
Gerald Robinson	7th Kyu
Hassan Zarif	6th Kyu

### ADULT

Robert Pepin	9th Kyu
Leo Dionne	9th Kyu
Nikolaos Coutsos	8th Kyu

Nicholas Antzaras	6th Kyu
Chris Antzaras	6th Kyu
Joseph Maadi	6th Kyu
Norman H. Saxon	4th Kyu

### AIKI BUKI

Patrice Bédard	Yonkyu
Dan T. Anderson	Yonkyu
Nicholas Antzaras	Yonkyu
Chris Antzaras	Yonkyu



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

*Control/Defensive Tactics – Basic Course Graduate*

Cynthia Rosenberger

Jennifer Silvestri

### **KACHIKIKAN DOJO, Redford, Michigan, USA**

Harold Weinenger

6th Kyu

### **SHINSUIKAN DOJO, Genoa, OH, USA**

Jacob Doerner

7th Kyu

Rolf Granlund

6th Kyu

Daniel K. Nowak

7th Kyu

Cole Tipton

5th Kyu

Robert Hayward

7th Kyu

Joseph Wesley Bennett

5th Kyu

### **TAISHINKAN DOJO, Bridgeport, West Virginia, USA**

Kyle Adams

7th Kyu

Bruce Gorby

4th Kyu

Michael A. Messinger

4th Kyu

### **CHISHINKAN DOJO, Fairmont, West Virginia, USA**

Stephen Kovalic

4th Kyu

Connor Haberland

4th Kyu

Maya Haberland

4th Kyu

### **ALPHARETTA MARTIAL ARTS, Alpharetta, Georgia, USA**

Jerzy Puchala

7th Kyu

Sean Constable

6th Kyu

Andy Abernathy

7th Kyu

### **RETSUSHINKAN DOJO, Birmingham, Alabama, USA**

Seth Spraggins

7th Kyu

Bill McKenzie

5th Kyu

Chulwon Park

7th Kyu

Yoshiko Amita

4th Kyu

Libby Swift

6th Kyu

Christian George

3rd Kyu

Daniel Owings

6th Kyu

Bill Owings

2nd Kyu

Johnny Crumpton

6th Kyu

Jason Langley

2nd Kyu

Ken Murer

5th Kyu

Victor Ditoro

1st Kyu

Martha Mears

5th Kyu

Steven Wyss

1st Kyu



## TEISHINKAN DOJO, Pelham, Alabama, USA

Paul Crouse	7th Kyu	Robert Jones	6th Kyu
Wesley Eubanks	7th Kyu	Taylor Berryhill	6th Kyu
Zach Brown	7th Kyu	Ken Briskner	6th Kyu
Taylor Fisher	7th Kyu	Kurt Peper	5th Kyu
Keeley Woods	7th Kyu	Randy Mayo	4th Kyu

### 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!*



What is IAIDO?

**A** Iaido is a specialized study of drawing the Japanese Katana and cutting at the same time. There are dozens of styles, mostly of family or group origins. As a formal art, Iaido is a little over 100 years old. There are many styles of Kon Jutsu (an older combat oriented sword art) that used some Iaido types of movements but mainly focus on sword techniques out of the scabbard with the swordsman in a combat stance (kamae).

OSU!