

# CHUDOKAI

## EXPRESS



Volume 13 . Issue 9/10 . September/October 2005

www.chudokai.com

chudo@mnsi.net

## HARMONY IN THE HILLS

### **DON'T FORGET!!**

- Instructor's Class  
NOVEMBER 2  
DECEMBER 7
- Capital Conquest 2005  
NOVEMBER 4-6
- Aiki Buki Test  
NOVEMBER 7
- On Guard Seminar  
NOVEMBER 23
- Kyu Test  
DECEMBER 15
- Dojo Christmas Party  
DECEMBER 10
- O-Soji  
DECEMBER 22

*details inside...*

Recently I came back from West Virginia where a handful of us went to take part in Harmony in the Hills. There was Chris, Scott, Shihan Blok and myself.

The trip all in all went well except for this nagging feeling we all had. It was as if something was missing.

Now I can tell you all for a fact it wasn't the scenery that was missing. On the trip there and back the roads were clear and grasses green. Lakes and mountains popped up in every direction. The country air carried the sight and sounds of nature in all its glory. No, my friends, it wasn't the scenery.

Perhaps then it was the training; but again, I tell you, that was not the case. Our training was a lively mix of judo hip throws and laido sword cuts held together by

Aikido movements and sprinkled with some grappling techniques.

Well maybe it was the food we ate or the tests we saw. Once again I can tell you that was not the case. Like the food we ate before each session, the tests were abundant and varied in their presentation. For breakfast our eyes munched on a Nidan test that was most satisfying; followed by the Sandan test that sustained us through mid-day. Then finally came the Yondan test that filled our senses with a spectacle few have seen and even fewer have understood.

So I tell you my fellow Aikido friends, none of these things above were missing. The only thing missing: You! Hopefully next time you will come.

Thank you,  
Charly Badaoui

# Fudochi – Immovable Wisdom

Fudochi is the concept of Immovable Wisdom. The term Fudo comes from the buddhist guardian Fudo Myo-o, the Immovable, and Chi refers to an innate wisdom of one's self or one's inner center. Fudochi is a state in which one becomes so rooted to principal and one's innate wisdom so completely that there is no moving from the deep sense of awareness of one's self. It is the point at which there is a deep sense of clarity and purpose in all of one's undertakings; the point at which an equilibrium forms between the mind, body, and spirit. The complexity of this concept comes from the idea that while having immovable wisdom, one's mind must remain ever moving at the same instant. The idea is that the mind should remain absolutely fluid, constantly flowing and never stopping while at the same time there is a center which remains immovable and never subject to any kind of change. When this unmoving and unstopping mind is achieved, one can then respond to any event spontaneously, naturally, effectively, and without an instant's hesitation. Probably the most famous translation of fudochi can be seen in the letter "Fudochi Shinmyoroku"

(The Mysterious/Devine Record of Immovable Wisdom) written by Zen priest Takuan Soho to the famed sword master Yagyu Munenori circa 1632. Takuan explains this in terms of a "hair's breadth" and "the action of spark and stone". The first implies that by seeing things so clearly and absolutely you become one with the event and that you fit together so completely that not even a

不動智

hair can be slipped in between. In aikido, this harmony or fitting together is a fundamental that all seek through dedication and training. In life, as in training, we seek to fit together in all aspects whether they are personal relationships, business, or other activities. It doesn't matter if it's training or real life, the better the fit, the better the relationship tends to be. In the action of spark and stone, the concept is that there is no interval of time between the action of striking the stone and the spark, it is but an instant. There is no delay. In training, I have seen this in activities such

as randori and buki jiyu waza. When you are shite (nage) during randori, if you can achieve and use the concept of fudochi there is then a calmness, an increased awareness that overcomes one's senses. At this point, you respond without hesitation, decisions are made in an instant, and you blend naturally with the uke's attacks. Without fudochi, without a strong sense of one's self, you will not be able to let go the mind. Responses and decisions will become plagued by hesitation and ultimately, you will be overcome by their onslaught. The same can be said to be true in life outside the dojo. In personal affairs or in matters of business, without fudochi one can be swayed from one's own fundamentals and beliefs. Fudochi allows us to remain grounded to one's innate wisdom and inner self and make definitive decisions without hesitation. Fudochi, Immovable Wisdom, when attained and applied creates a deep sense of calmness, clarity, and purpose; helps us with the ability to fit together or blend with others or in events completely; and gives us the ability to see clearly in order to react or make decisions without hesitation.

*Renshi Michael E. Jacobs*



## Special Events

### Instructor's Class

The next instructor's class is scheduled for:

- Wednesday November 2th at 7:00pm
- Class will be held at Chudokan Dojo
- All Chudokan Instructors are *required* to attend

### Capital Conquest 2005

This year's CC 2005 is scheduled for:

- Friday November 4th - 6th
- All are encouraged to attend this very special event

### Aiki Buki Test

The next Aiki Buki test will be held on:

- Monday November 7th at 7:30pm
- All who are eligible and ready are encouraged to test

### On Guard Seminar

The next On Guard Control/Defensive Tactics Seminar will be held on:

- Wednesday November 23
- 6.30p - 10.00p
- The seminar is open to the public
- All are encouraged to attend

### Kyu Test

The next kyu tests will be held on:

- Thursday December 15th 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

### Dojo Christmas Party

This year's party is scheduled for:

- Saturday December 10
- All information regarding the location and time are to be announced

### O-Soji

The annual end of year Dojo clean up and power class is scheduled for:

- Thursday December 22



## THANK YOU!

*Thank you to those who donated items for our Dojo Garage Sale, and to those who helped in all of the haggling, including: Heather Rheault, Chris Avdoulos and Ken Breault.*

***A VERY SPECIAL THANKS GOES OUT TO OUR GARAGE SALE HOSTS, ROSE, ROB, JENNIFER, MICHELLE AND JAMES CARUSO!!***

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

## CHUDOKAN DOJO, Windsor, Ontario, Canada

### YOUTH

Richard Parsons	9th Kyu	Theopisti Faith Vlachos	8th Kyu
Steven Ferrari	9th Kyu	Robert Anthony White	9th Kyu
Britney Durward	9th Kyu	Denis St. Arneault	8th Kyu
Robert Doyle	9th Kyu	Jamez Kiyoshk	9th Kyu
John Luxford	9th Kyu	Edward Van Poucke	9th Kyu
Marah Miller	9th Kyu	Derek Doig	8th Kyu
Reem Zarif	9th Kyu	Kelly Murphy	8th Kyu
Quinten Earhart	8th Kyu	Angie Carroll	8th Kyu
Brandon Dupuis	8th Kyu	Chris Laforet	8th Kyu
Jacob Longeuay	8th Kyu	Evan Worrall	7th Kyu
Gabriel Byczynski	8th Kyu	Marc Mawhinney	6th Kyu
Ian MacLachlan	8th Kyu	Ken Breault	5th Kyu
Brandon Moorcroft	7th Kyu	Dean Pfaff	4th Kyu
Seth Derochie	7th Kyu	David Doyle	2nd Kyu
Geoffrey Durward	6th Kyu	Rob Caruso	2nd Kyu
		Charly Badaoui	2nd Kyu
		Chris Avdoulos	2nd Kyu
		Kevin W. A. Blok	1st Kyu

### ADULT

Leo Dionne	8th Kyu	Keith Deslippe	Nidan
Ahmad Al-Hoseiny	8th Kyu	Anthony Van Lamoen	Nidan

## SHUSHINKAN DOJO, Saint-Eustache, Quebec, Canada

Michel Bérubé 1st Kyu

## KACHIKIKAN DOJO, Redford, Michigan, USA

Ryan Campbell	9th Kyu	Nicole Munson	9th Kyu
Ryan Lane	9th Kyu	Avery Lina	9th Kyu
Keya Leslie-Girton	9th Kyu	Randy Mays	9th Kyu
Mytaneaia Fife	9th Kyu	Samantha Hageman	8th Kyu
Desaray Teague	9th Kyu	Alex Kuras	8th Kyu
Lacey Vivian	9th Kyu	Sean Thomas	7th Kyu
Brandon Parker	9th Kyu	Stephanie Scupholm	7th Kyu
Marion Mitchener	9th Kyu	Lindsey Scupholm	6th Kyu
Harly Hughes	9th Kyu		

## SHINSUIKAN DOJO, Genoa, OH, USA

Alejandro Arriaga	Shodan	Michael E. Jacobs	Yondan
Edward Stiltner	Shodan		

## SHINGANKAN DOJO, Sandusky, Ohio, USA

Mark Hoffman	Nidan
--------------	-------

## CHISHINKAN DOJO, Fairmont, West Virginia, USA

Art Loder	6th Kyu	Scott Sorensen	Shodan
		John Bennington	Shodan

## TAISHINKAN DOJO, Bridgeport, West Virginia, USA

Daniel Church	7th Kyu	Ursula Reed	5th Kyu
Kyle Adams	6th Kyu	Christopher Wilson	5th Kyu

## RETSUSHINKAN DOJO, Birmingham, Alabama, USA

Laura Taylor	7th Kyu	Hannah Frix	4th Kyu
Chris Morrow	7th Kyu	Shawn Frix	4th Kyu
Micah Howard	7th Kyu	Kat Cooper	4th Kyu
Nicholas Ericson	7th Kyu	Krysten Cooper	4th Kyu
Warren L. Denning	7th Kyu	Alexander Smith	3rd Kyu
Eric Simmons	6th Kyu	Brian Maloy	3rd Kyu
Gil Ramos	6th Kyu	Joshua Murphy	3rd Kyu
Tommy Story	6th Kyu	Sean Alcazar	3rd Kyu
Johnny Crumpton	5th Kyu	David Runnels	2nd Kyu
Steve Creel	5th Kyu	Jacob Gjesdahl	2nd Kyu
Steven Sartin	4th Kyu	Robert Blackstone	2nd Kyu
Ken Murer	4th Kyu		
Martha Mears	4th Kyu	Howie Tapley	Shodan
Johnny Crumpton	4th Kyu	Bo Guthrie	Shodan
Elliot Gray	4th Kyu		

## TEISHINKAN DOJO, Pelham, Alabama, USA

Timothy C. Morgan	Sandan
-------------------	--------

## MEISHINKAN DOJO, Lehigh, Florida, USA

Scott Hickerson  
Vincent Encomio

7th Kyu  
7th Kyu

Justin Chadbourn

Shodan

## RENSHINKAN DOJO, Redding, California, USA

Gary Panich

3rd Kyu

## CHUDOKAI AIKIDO FEDERATION INTERNATIONAL *Instructor Promotions*

Michael E. Jacobs  
Timothy C. Morgan  
Anthony Van Lamoen  
Keith Deslippe

Renshi (Shinsuikan)  
Shidoin (Teishinkan)  
Fuku Shidoin (Chudokan)  
Fuku Shidoin (Chudokan)

Justin Chadbourn  
Howie Tapley  
Bo Guthrie

Sensei (Meishinkan)  
Sensei (Retsushinkan)  
Sensei (Retsushinkan)

## 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!*