

# CHUDOKAI

## EXPRESS



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# 2006

## THE MEASURE

### **DONT FORGET!!**

Instructor's Class  
MARCH 1

Aiki Buki Test  
MARCH 6

On Guard Seminar  
MARCH 8

Camp Ultima  
MARCH 11-12

Kyu Test  
APRIL 6

On Guard Weekend  
Course  
APRIL 8-9

*details inside...*

What is the measure of a man?  
A great man?

Is it the money or valuables he  
acquires in life? No. As we all  
know you can not take it with you  
and it does no good when you  
are gone.

Well maybe the measure is  
the buildings he builds or the  
monuments he erects. No. In  
time buildings crumble and  
monuments lose their meaning.

Well perhaps the measure of a  
man is the fame he acquires in  
life and sometimes in death. No.  
In time the greatest of kings and  
the wisest of men are eventually  
forgotten.

No. I tell you truthfully; the  
measure of a man, a great man,  
if how he walks about in life.

How he interacts with his fellow  
man. For good or for bad; in the  
here and now.

That is the measure.

And make no mistake, great  
men walk among us. They dwell  
under the same blue sky, and  
sleep under the same stars.

On January 6th 2006 we  
celebrated 50 years in the life of  
one such a man.

Sensei Kevin Blok


Congratulations! And here's to  
50 more!!

Thank you. OSU!  
Charly Badaoui

## 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!*


 Will there ever be IAIDO classes at the Chudokan?


 We had IAIDO classes for about a year or so at the Chudokan, about 10 years ago. We had very low attendance (never more than 4 or 5). For the last few months we had mostly 1 or 2 students in a class and often

no one showed. Due to this poor attendance IAIDO was cancelled.

Nowadays, things may be different. I would be willing to consider adding a weekly IAIDO class if there was enough interest.

Please see me if you would like IAIDO as a formal training style at the Chudokan.

 If you were only able to keep one martial arts inspired book, which would it be? Why?

 That is a very difficult question to answer. There are so many books that I have found to be excellent and have read more than once because of their positive impact. Some are related to martial arts and others not formally so, but are related to a warrior's mindset or attitude to life in my opinion. Some of the former include Soul Sword by Vernon Kitabu Turner, The Magic of Conflict by Thomas Crum, Peaceful Warrior by Dan Millman,

The Book of Five Rings by Musashi Miyamoto and Zen and the Art of Archery by Eugene Herrigel. Some of the latter include Uh Oh by Robert Fulghum, Jonathan Livingston Seagull and Illusions - The Adventures of a Reluctant Messiah, both by Richard Bach, Tuesdays With Morrie by Mitch Albom, Ishmael by Daniel Quinn, How To Win Friends and Influence People by Dale Carnegie and The Greatest Salesman in the World by Og Mandino. But if I had to

pick one book only, I think it would be Zen and the Art of Motorcycle Maintenance by Robert S. Pirsig. Why would I choose that one? This changed my way of looking at the world in a very concrete and positive way. For many people it is difficult to get through and may not be all that entertaining but reading it changed me inside. I have not read it for a few years so maybe it is time to read it again soon. Thank you for getting me to think of it. Osu!

## Quote

*“Kino wa ware kyo wa katsu beshi.”  
“The person I was yesterday, I must beat today.”*

-Yagyu Kaken



## Special Events

### Instructor's Class

The next instructor's class is scheduled for:

- Wednesday March 1st at 7:00pm
- Class will be held at Chudokan Dojo
- All Chudokan Instructors are *required* to attend

### Aiki Buki Test

The next Aiki Buki test will be held on:

- Monday March 6th 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 March 8th at 6:30pm
- The seminar is open to the public
- All are encouraged to attend

### Camp Ultima: The Evolution of Martial Arts

Camp Ultima is scheduled for:

- Saturday March 11th-Sunday March 12th
- All are encouraged to attend event

### Kyu Test

The next kyu tests will be held on:

- Thursday April 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

### On Guard Weekend Course

The next On Guard Control/Defensive Tactics Weekend Course is scheduled for:

- Saturday April 8th - Sunday April 9th
- The seminar is open to the public
- All are encouraged to attend

## Mokoto

"The Stainless Mind". Mokoto is a balanced state of mind, allowing us to remain calm even in the most trying of circumstances. The development of Mokoto consists of the active cultivation and practice of two skills: Haragei (Awareness), and Rinkioken (Adaptability) - Dr. Haha Lung PhD.

I have found Mokoto to be the formula for a self controlled and balanced life ultimately equating to blissful happiness. An existence that few are able to establish on a consistent and regular basis, but nothing is impossible.

Rinkioken, or adaptability, is to be able to adapt or adjust to anything. When confronted with anger, show compassion. When confronted with fear of frustration, understand and show empathy. This is to provide good feelings and solutions. Rinkioken is adjusting to any situation, be it mentally, emotionally, or physically within yourself and thoughts you interact with.

Haragei, or awareness, is the "zanshin", or continuing awareness of not only everything around you, but within yourself

and others. Awareness leads to understanding and understanding leads to adaptability. The key to effective adaptability is "sen". This is to enter every situation with a "fudochi" mind. Recognize the need before it is needed and fulfill the need.

Enter first. Act before there is a problem. Bring order before there is disorder.

Michael Dubé

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

## CHUDOKAN DOJO, Windsor, Ontario, Canada

### YOUTH

Mathieu Jean Hebert	Jr. 9th Kyu
River Pathak	Jr. 9th Kyu
Myah Pathak	Jr. 9th Kyu
Marko Ilievski	Jr. 9th Kyu
Marija Ilievski	Jr. 9th Kyu
Ivan Ruvinov	Jr. 9th Kyu
Igor Ruvinov	Jr. 9th Kyu
Adam Wierciszewski	Jr. 9th Kyu
Pamela Wierciszewski	Jr. 9th Kyu
Jacob Docherty	Jr. 8th Kyu
Richard Parsons	Jr. 8th Kyu
Steven Ferrari	Jr. 8th Kyu
Hussein Attar	Jr. 8th Kyu
Abdul Hakim Attar	Jr. 8th Kyu

### ADULT

Geraldine Sandre	8th Kyu
Jeffery Aylesworth	8th Kyu
Philip Aylesworth	8th Kyu
Daniel Blok-Buxton	8th Kyu
Jamez Kiyoshk	7th Kyu
Nikolas Coutsos	7th Kyu
Ahmad Al-Hoseiny	7th Kyu
Chris Antzaras	5th Kyu
Nicholas Antzaras	5th Kyu
Norman H. Saxon	3rd Kyu

### AIKI BUKI

Leopold Dionne	Gokyu 5th level
Nicholas Antzaras	Nikyu 2nd level
Chris Antzaras	Nikyu 2nd level
Chris Avdoulos	Nikyu 2nd level

## ON GUARD CONTROL/DEFENSIVE TACTICS

### *Control/Defensive Tactics – Basic Course Graduate*

Chris Caporossi	Chris Antzaras
Wendy Harries	George M. Simko
David Track	Joseph Maadi
Jackie Moore	William Emahiser
Wayne Hawkins	Erin McClelland
Robert Marston	Ray Szucki
	Dean Pfaff
	Nicholas Antzaras
	Michael E. Jacobs

### *Control/Defensive Tactics – Basic Instructor Graduate*

Kurt Feil
Bill Ferreras
Whitney Guerber

### *Ground Defensive Tactics Course Graduate*

Charly Badaoui
Michael Dubé

## KACHIKIKAN DOJO, Redford, Michigan, USA

Ryan Lane	8th Kyu	Ryan Campbell	8th Kyu
Mytaneaia Fife	8th Kyu	Samantha Hageman	7th Kyu
Harly Hughes	8th Kyu	Alex Kuras	7th Kyu
Nicole Munson	8th Kyu		