

VANCOUVER KI SOCIETY
PROGRAMS
FOR TEENS AND ADULTS

SHINSHIN TOITSU
AIKIDO
AND KI TRAINING

KI TRAINING
FOR HEALTH AND WELLNESS

PERSONAL
KIATSU
DEVELOP YOUR INNATE
HEALING POTENTIAL

WHAT IS KI?

Ki is living power. The visible tip of an iceberg floats on the water while the much greater portion lies hidden under the surface. A whole iceberg is the sum of its seen and unseen parts. Many think of human power as limited like the tip of an iceberg. Physical strength is tangible and limited. Mind and spirit are intangible & unlimited. Our vast potential as human beings is realized by unification of mind, body & spirit. The Ki Society offers the Four Basic Principles so anyone may unify mind and body to reach their full potential.

FOUR BASIC PRINCIPLES TO UNIFY MIND AND BODY

1. Keep One Point

This is the natural place of physical, mental and spiritual balance. By keeping correct posture and concentrating on our one point we naturally coordinate mind and body.

2. Relax Completely

When mind actively calms, one's body releases tension. In keeping one point, mind and body relax completely so we need never get nervous or excited in our daily affairs.

3. Keep Weight Underside

The weight of all objects is naturally underside. When completely relaxed, our weight also naturally settles underside. This process is called living calmness.

4. Extend Ki

Ki is living power. To extend Ki is to utilize our living power to the fullest extent. By focusing our mind and body we can live a healthy, vigorous life in harmony with those around us.

VANCOUVER KI SOCIETY

The Vancouver Ki Society is a non-profit educational service organization established in 1985 to spread Ki Principles, Kiatsu and Shin Shin Toitsu Aikido as taught by Master Koichi Tohei, Founder of the Ki Society International. Tohei Sensei presides at World Headquarters in Japan. He began teaching outside of Japan in 1953 and today Ki Principles are taught worldwide. The Vancouver Ki Society is affiliated with the Northwest Ki Federation and the Ki Society International.

The Northwest Ki Federation is headed by Calvin Y. Tabata. He is an 8th degree black belt in Shin Shin Toitsu (SST) Aikido and a Lecturer in the Ki Society. He has trained for over 50 years and taught in the northwest for more than 35 years.

The Vancouver Ki Society Ki and Shin Shin Toitsu Aikido Program is headed by Roger Isaacs. He currently holds the rank of Sandan in Shin Shin Toitsu Aikido, Chuden in Ki Development, and is an Assistant Lecturer certified with the Ki Society International. Isaacs Sensei has been training since 1990 and has been teaching in Vancouver since 1994.

The VKS Adult Ki and Aikido Program is headed by Craig Sexton. He currently holds the rank of Nidan in Shin Shin Toitsu Aikido, Shoden in Ki Development, and is an Assistant Lecturer certified with the Ki Society International. Sexton Sensei has been training since 1994 and has been teaching in Vancouver since 1998.

DOJO LOCATION

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OUR MOTTO

Let us have a Universal Mind that loves and protects all creation and helps all things grow and develop. To unify mind and body and become one with the Universe is the ultimate purpose of my study.

– Koichi Tohei Sensei

DOJO & TRAINING ETIQUETTE

Etiquette teaches respect for all things, discipline, and creates an environment where we learn to help and care for each other. Tohei Sensei says to learn we must have the attitude of growing together. Some basic points of Ki Society dojo and training etiquette:

- Remove shoes upon entering dojo.
- Bow upon entering and leaving the dojo, stepping on and off the mat, to each other and to the instructor during training. This demonstrates respect for all, and an open mind and willingness to learn.
- Address all instructors and assistants as sensei. Greet your sensei upon arrival at class, and say goodbye before leaving.
- Come in clean clothes. Make sure your hands and feet are clean. Remove all jewelry before training.

MISSION STATEMENT

The Vancouver Ki Society provides instruction in Ki, Shin Shin Toitsu Aikido and Kiatsu to develop Mind and Body Coordination and the application of universal Ki Principles in daily life.

ADULT PROGRAM

The purpose of the Vancouver Ki Society Adult Program is to help students improve the quality of their daily lives. By enhancing their health and performance everyone can be more productive and successful in their personal and professional lives, and provide leadership for the betterment of our communities.

The primary focus is learning how to coordinate mind and body in our daily activities. To develop abundant energy and improve utilization of Ki Principles, training emphasizes specific areas of everyday life including relaxation, concentration, calmness, building and maintaining personal health, posture, flexibility, exercise and interactions.

We work with people of all ages and abilities. Each student is encouraged to train at the individual level appropriate for their growth. We view training as an ongoing process emphasizing personal direction and development. Ki Society training helps us to live positively and excel in a rapidly changing world.

KI DEVELOPMENT TRAINING: SHIN SHIN TOITSUDO

Ki Exercise Method: Ki no Toitsu Taiso Ho

It is easier to coordinate mind and body when we are sitting or standing still than when in motion. Ki Exercises teach us how to maintain mind and body unification in motion, are relaxing and healthy, and aid flexibility.

Ki Breathing Method: Ki no Kokyu Ho

When we unify Mind and Body in doing Ki Breathing Methods, we fully exhaling waste gases and sending fresh oxygen to our whole body. Benefits include mental and physical relaxation, release of stress, improved health and well-being.

Ki Meditation Method: Ki no Ishii Ho

A dynamic meditation utilizing Ki Principles which improves concentration, reduces stress and develops a calm mind, enabling us to be more positive and effective in our daily work and personal life.

AIKIDO WITH MIND & BODY COORDINATION: SHIN SHIN TOITSU AIKIDO

Aikido is the process of applying Ki to the martial art, utilizing the Principle of Non-Dissension and the Five Principles of Shin Shin Toitsu Aikido:

1. Extend Ki.
2. Know your opponent's mind.
3. Respect you opponent's Ki.
4. Put yourself in the place of your opponent.
5. Perform with confidence.

Coordinating mind and body, we use Ki to powerfully lead our opponents rather than colliding. This applies directly to dealing positively with people in daily life. Ki Principles are used in all aspects of training from basic arts to practice with wooden weapons.

Shin Shin Toitsu Aikido Exercises:

Ki no Aiki Taiso Ho

We apply Ki Principles fully in each movement. These exercises form the basis of Shin Shin Toitsu Aikido arts. Even when our opponent resists, we train to perform effectively using Ki and non-dissension.

We utilize Ki Principles not only in throwing, but also in the arts of falling – ukemi. Aikido with Ki (both throwing and falling) is an invigorating healthful exercise. We benefit by learning to follow as well as to lead with ease.

PERSONAL KIATSU PROGRAM

Ki does not flow well in a person who is ill or injured. Kiatsu mobilizes a person's natural healing processes by restoring the flow of living energy. Ki pressing improves circulation, reduces tension, and enhances health. It also helps reduce or eliminate pain, stiffness, and swelling caused by stress or minor injury.

The Personal Kiatsu program provides a formalized approach to learning the universal principals of Ki. Students learn Kiatsu and Ki principles for improving health, increasing relaxation, and enhancing their daily lives. After students accomplish these goals for themselves, they can practice Kiatsu to enhance their families' health.

The purpose of personal Kiatsu training is to develop our living power by utilizing Ki Principles, coordinating mind and body, and applying them to our daily life.