

NWKF Instructors Trip to Japan – July 2008

By: Roger Isaacs Sensei

In July 2008, Mindy Branigan Sensei and Roger



Isaacs Sensei toured Japan with a group of 50 NWKF Instructors and family members. The trip consisted of 2 days of training at Ki Society HQ with Shinichi Tohei

Sensei and Senior Instructors, followed by 7 days touring Osaka, Kyoto, Nara, Tokyo, surrounding temples and tourist areas.

The 2 days at Ki Society HQ consisted of a mixture of Kiatsu and Aikido classes, hot Japanese baths, great food and a banquet to honour Koichi



Tohei Sensei. Tohei Sensei attended the banquet with Mrs. Tohei.



The Japan tour started with a bullet train trip to Osaka and 2 nights in Kyoto. We were fortunate enough to experience the Gion Festival in Kyoto, where the streets came alive at night with thousands of people, street vendors & entertainment. The festival is at least 1,000 years old and culminates in a parade of massive

wooden floats with monk musicians playing traditional music to help the float bearers carry the heavy load.



Back to Tokyo by bullet train where we spent a few days visiting the shrine to the 47 Ronin, the giant bronze Buddha at Kamakura and a trip up the side of a volcano near Mt Fuji.



The trip was an enriching experience for all of us and certainly led to a much deeper appreciation and understanding of the roots of Shin Shin Toitsu Aikido through time spent immersed in the richness and variety of Japanese culture. If you want to learn more about the trip or see more pictures, please ask Isaacs or Branigan Sensei when you see them.

KID'S CORNER

By: Mindy Braqnigan Sensei



Vancouver Ki Society children and families were been busy travelling this summer. We took a happy and active

group down to Portland for Children's Sports and Aikido camp in June with help from several key parent volunteers: Steve, Greg, Diana and Saman. Our group included both veteran Kids' Camp participants and some rookies, including our youngest ever participant, Noosheen. After an action-packed weekend with the usual short sleeps, she and Allie kept Sensei well entertained in the long line at the border with their song requests.



Later in the summer, another group of dedicated students travelled to Vancouver Island to join Michel Duhaime for

Valley Ki-Aikido's second summer camp. We had a large group of students from VKS and VKA who were a delight to work with. Michel and Saman kept us well fed while we enjoyed three days full of Aikido, games and art activities. We could not

have done it without Diana and Saman's help with transportation, cooking and activities. I was very proud of how our students worked together to help Seamus, Andrew and Maité earn their 8th kyu. Thank you Michel for hosting this great event. We are all looking forward to next summer!



With September, we went back to school and to fuller classes in the dojo. The children have worked well together and several students have earned new rank this fall. It has been rewarding to watch them grow with the support of their classmates.



As children return to school and their busy schedules, they

sometimes face complex situations and difficulty at school and in their personal lives. These situations can affect your child's performance on the mat, as well as elsewhere in her/ his life. Ki training will equip children to stay plus and do their best consistently, even when they must deal with situations that are less than ideal. Please keep the instructors informed about challenges your child is facing so we can understand your child's needs and tailor our instruction to help. We also love to hear about successes outside the dojo so we can recognize and honour the ways that children apply Ki principles in their daily lives.

Looking forward to seeing you all at the upcoming Family and Friends Class and Holiday Potluck on December 13!

Put yourself in the place of your opponent

By Shinichi Tohei

(<http://www.shinichitohei.com/english/2008/09/put-yourself-in.html>)

The purpose of this kind of article is to practice and validate the Ki principles (Mind moves body) which are the foundation of Ki-Aikido in your daily life. Therefore, it has no meaning if you just read it without practicing it. [...] Please read, practice, and validate the contents of my article at least four times within a month.

There is a series of principles which is fundamental to Ki-Aikido practice. This series is called "The five principles of Aikido with mind and body unified"

Five principles of Aikido with mind and body unified:

- 1. Ki is extending**
- 2. Know your opponent's mind**
- 3. Respect your opponent's Ki**
- 4. Put yourself in the place of your opponent**
- 5. Perform with confidence**

Our Ki is extending, therefore we can know another's mind. We know another's mind, therefore we can respect another's Ki. We respect another's Ki, therefore we can put ourselves in the place of another. After that, we just perform with confidence.

If we practice this correctly, we can lead others. In the dojo, we practice "Put yourself in the place of your opponent". However, if you practice it only in your dojo, you cannot master it. This is because we can practice in the dojo only a few hours each day. If you are busy businessman, you might be able to practice only a few hours a week or even a month. It is natural that we are away from the dojo much longer than we are practicing in the dojo. This means we come under much greater influence from the outside world.

To master Ki principles most effectively, we must practice in the dojo, of course. But we must also practice the Ki principles in our daily life. It is no use just to think "Put yourself in the place of your opponent."

It is important to actually practice "Put yourself in the place of your opponent". For example, when I hand money to a sales clerk at a cash register when I am shopping, I can hand over the money in such a way that the sales clerk finds it easy to count it up and can easily gather up the coins. When I observe others carefully, I notice that some people hand money to a sales clerk in a disorderly manner and the sales clerk has a hard time counting it.

If you do something to make it easier for others, this means to "Put yourself in the place of your opponent". In another example, at a casual restaurant, when a waiter removes dishes from the table, we can arrange the used dishes in such a way as to make it easier for the waiter to pick them up. (This might not be a good practice at an expensive restaurant.) When I observe others carefully, I notice that some people do not help a waiter and waiter has a hard time removing the dishes from the table. This is another case in which you can "Put yourself in the place of your opponent".

When I teach at the dojo, I can put myself in the place of the students, such as using a high enough volume and clear enough quality of voice, or when I use a writing board, making the letters large enough for easy reading, etc. When I listen to lectures by others, sometimes it is difficult to hear clearly. In this case, it is also important to "Put yourself in the place of your opponent".

When I review my daily life, I always try to do "Put myself in the place of my opponent", but sometimes I am lacking in consideration. I am not perfect, but I take my daily life as practice. Therefore I find my deficiencies everyday, and then I have the opportunity to fix my deficiencies. This is something that I really appreciate about this practice.

If you do practice "Put yourself in the place of your opponent" in your daily life, you can do it in your Aikido techniques. People who do not practice it in daily life, cannot master anything. Please practice it in your daily life.

Congratulations to those adults who recently tested:

Adrian – 1st Year Kiatsu
Barb – 1st Year Kiatsu
Anthony – 1A
Andrei – 5B
Brendon – 5B
Garrick – 5B
Jason – 5B
Oleg – 6B
Saman – 6B
Sean – 2nd Year Kiatsu

Congratulations to those children who recently tested:

Denis – 8B
Jessie – 7A
Jonathon – 9B
Kyle – 9C
Mateo – 9C
Sagiv – 9C
Tanner – 9B
Andrew – 8B (Island Aikido)
Maite – 8B (Island Aikido)
Seamus – 8B (Island Aikido)