

Kiatsu Update

By: Roger Isaacs Sensei



Congratulations to the Kiatsu students who recently completed their Year 2 Validation in Portland to earn their Personal Kiatsu Certification. This was an important milestone for the VKS and the Kiatsu Program.

Our objective for the next few years is to deepen our understanding of Ki Principles and their application to Kiatsu. We also intend to introduce new students to the program and build a 2nd group of Personal Kiatsu students so we can continue to host Seminars in Vancouver and share what we know.

When we started the Kiatsu Program 2 ½ years ago we had no idea if we could succeed. Running a program remote from an accredited Kiatsu School was a new concept; however, due to the dedication and commitment of the first group of students this pilot program succeeded beyond our expectations.

Please encourage friends, family, coworkers to attend one of the introductory evenings we are planning. The first one will be on Thursday, March 13. The event is free for new students and there will be a light snack served so we can make this a social evening as well as introduce Ki Principles and Kiatsu to potential new students.

We can now focus on the future with confidence in the fact that if we apply the lessons we have learned we can continue to grow as individuals and as an organization to ensure we make these teachings available to our local communities and future generations.

Once again congratulations and remember, milestones are important events in our lives; however, we must continue to move forward with our training with an open mind, eager to develop a deeper understanding of Universal Ki Principles on this lifelong journey.



Vancouver Ki Society's first ever Kiatsu graduates (from left to right):

Back Row:

Barb Little (1st Year), Mike Knapp, Mindy Branigan Sensei, Jamu Kakar, Roger Isaacs Sensei, Jaquelyn Ohm, Anthony Agtarap, Samantha Agtarap

Front Row:

Adrian Zator (1st Year), Alex Goldman, Kevin Jones (1st Year)

We just wanted to extend a warm welcome to all the new students and parents who have joined us in this fall and winter season. All our programs – Adult & Children's Aikido and Kiatsu – have seen wonderful additions to our dojo community. It is great to have you with us!

TEEN AIKIDO PROGRAM

BY: ANTHONY AGTARAP AND KEVIN JONES

Mission

To teach the principles of mind and body coordination to all young students at the Vancouver Ki Society in a well-structured, safe and engaging environment that encourages and monitors continuous growth.

Recently we revisited the structuring of the Teen Aikido Program (TAP) program and have developed a new standard by which the program will be run, as well as some new exciting ideas that will be introduced throughout the year.

We will continue to teach the principles of Mind & Body Coordination to our students through ki development training and aikido, but aikido is but one small part of the power of Mind & Body Coordination.

Ki development training is most effective when it is practiced in all aspects of a student's daily life. To that end, the TAP is introducing an exciting new program for 2008.

NEW FOR 2008!

Athletes of today's generation are getting bigger, faster, and stronger than ever before. Ask yourself the following questions regarding sports athletes:

1. What separates the great athletes from the regular athletes?
2. Why does one athlete seem to excel and achieve more than another athlete while making it look so effortless?
3. How does a great athlete "get in the zone"?

The answer to all these questions is simple: great athletes move with mind and body coordinated. They may not know what it's called but they are definitely doing something right when they are in the zone. Wouldn't it be great to be able to be at your

Vision

To set an achievable pace towards Shodan rank for students, while fostering Universal Principles in its students, not only for Aikido, but for all aspects of their daily life.

best every time you step out and play your sport? Well now you can.

The Teens program is proud to offer "**Sports with Mind & Body Coordinated**". New for 2008 this class will be dedicated to ki development and moving with mind & body coordinated in sports and will be offered once a month. It's encouraged that students bring along team-mates and friends to this class so that they can benefit as well. Imagine your whole team moving with mind and body coordinated.

The instructors of the Teen Aikido Program are aware that students will typically play multiple sports throughout the year; commitments and interests outside of aikido are fully encouraged as various activities help build diverse skill-sets and healthy lifestyles. But as students get older they may wish to focus time to their activities (for college scholarships etc). It is part of our vision to foster Ki principles not only in Aikido but in every day life, and we are committed to working with students and parents to establish a realistic schedule to achieve their goals.

Sports will continue to be a big part of everyday life for children and teens and we are excited to be able to offer classes that will help them become the best athletes they can be.

The VKS Teen Aikido Program (TAP) has been teaching advanced children and teens for over a year now on Tuesday nights between 6 and 7:30pm. Students typically enter the program once they have achieved the rank of 6th kyu (blue belt) or reached the age of 12 years old. Please speak to an instructor for more details.

Congratulations to those kids who recently tested:

Ayla - 9B Allie - 9B
Daniel - 9B Gabriel - 9C
Harrison - 9B Nasseem - 8A

Comox Valley Aikido

Andrew - 9C Maite - 9A
Seamus - 9B Sachel - 9B

Congratulations to those adults who recently tested:

Alex Goldman - 3B Andrei Odeski - 6B
Anthony Agtarap - 2B Dino Octavian - 6B
Nicola Mohr - 4B Lionel Phillippe - 2B

Shokyu Ki Test

Adrian Zator, Barb Little, Jason Lee