

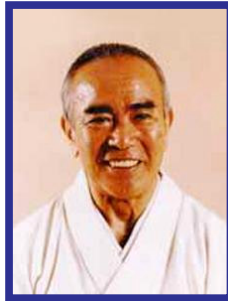
Precept of Koichi Tohei Sensei

“Okotarazu yukaba senri no soto mo mimu ushi no ayumino yoshi osokutomo”

(If you work steadily towards your goal, even if the progress is as slow as an ox walking, you will be able to complete your purpose)

The tiger runs extremely rapidly. This means that like a rapid river flowing, intense actions make for rapid progress. On the other hand, other actions move as slowly as an ox walking.

In other words, whether you work intensely and rapidly, or calmly and slowly, towards your goal, if you give up before you get there, you will never arrive. It is important that once you set



your purpose, you should not stop working toward that purpose even if the progress is very slow.

If you practice Ki principles without stopping, you will be able to experience Fudoshin and not lose your stability no matter what happens.

Koichi Tohei

Thank You

From all the Students of VKS

As Spring turns to Summer, with its promise of growth and renewal, the students of the Vancouver Ki Society would like to express their appreciation for the steadfast leadership of Isaacs Sensei, Sexton Sensei and Branigan Sensei during a time of significant personal challenge. Their calmness, grace and courage have been living examples of the application of Ki in real life.

We are grateful for the openness, willingness, and power of our instructors. It is such a gift to learn self-mastery in a safe, powerful and positive environment. We are enjoying our Sensei's dedication, respect, love, and fun. Thanks to all of you

UPCOMING WORKSHOPS

- **March 12:** Taigi Shinsakai
- **April 23 & 24:** Spring Camp
- **May 1:** Board Test
- **June 4 & 5:** Kid's Camp (up to 14 years old)
- **June 11 & 12:** Calgary dojo opening & workshop

DOJO CLOSURES!

(No regularly schedule classes)

- **March 26 – 28:** Easter Long Weekend
- **April 23:** Spring Camp
- **May 21 – 23:** Victoria Day Long Weekend
- **June 11:** Calgary trip

Please see an instructor for more details

Congratulations!!!

Naming of our Newsletter

Congratulations to Nicola Mohr for coming up with the name for our newsletter – Mat Chat! And special mention goes to Andrew Ling for his many inventive submissions!

Shinsakai

Alex Goldman and Simon Nodel traveled to Portland in March with Alan Hodgson and Kevin Jones to compete in this year's Taigi Shinsakai. Both pairs represented the Vancouver Ki Society well, each winning 2nd place in their divisions. Congratulations guys!

Aikido Testing

Congratulations as well to all those who recently tested:

Alan Hodgson –	2A
Greg Egby –	3B
Kevin Jones –	2A
Lionel Phillipe –	3B
Paul MacGillivray –	6B

Ki Testing

And another congratulations to the following students for their success completion of the Shokyu Ki test:

Anthony Agtarap
Jaquelyn Ohm
Paul MacGillivray
Sean Carter

What Aikido Means to Me!

By Brendon Frick (Children's Aikido)

"Aikido is so fun because you get to always learn new things and meet different people and when you meet different people you make different friends my favourite throw is around town and I love to do the motto.

My name is Brendon Frick and I'm a white belt."



What Do Trees Have To Do With Peace?

Thirty years ago, in the country of Kenya, 90% of the forest had been chopped down. Without trees to hold the topsoil in place, the land became like a desert. When the women and girls would go in search of firewood in order to prepare the meals, they would have to spend hours and hours looking for what few branches remained. A woman named Wangari watched all of this happening. She decided that there must be a way to take better care of the land and take better care of the women and girls.

So she planted a tree. And then she planted another. She wanted to plant thousands of trees, but she realized that it would take a very long time if she was the only one doing it. So she taught the women who were looking for firewood to plant trees, and they were paid a small amount for each sapling they grew. Soon she organized women all over the country to plant trees, and a movement took hold. It was called the Green Belt Movement, and with each passing year, more and more trees covered the land.

But something else was happening as the women planted those trees. Something else besides those trees was taking root. The women began to have confidence in themselves. They began to see that they could make a difference. They began to see that they were capable of many things, and that they were equal to the men. They began to recognize that they were deserving of being treated with respect and dignity.

Changes like these were threatening to some. The president of the country didn't like any of this. So police were sent to intimidate Wangari for planting trees, and for planting ideas of equality and democracy in people's heads, especially in women's. She was accused of "subversion" and arrested many times.

For almost thirty years, she was threatened and she was often made fun of in the press. But she didn't flinch. She only had to look in the eyes of her three children, and in the eyes of the thousands of women and girls who were blossoming right along with the trees, and she found the strength to continue.

And that is how it came to be that 30 million trees have been planted in Africa, one tree at a time. The landscapes--both the external one of the land and the internal one of the people--have been transformed.

Wangari Maathai has been awarded the Nobel Peace Prize. She is the first African woman to receive this award.

"Our recent experience in Kenya gives hope to all who have been struggling for a better future. It shows it is possible to bring about positive change, and still do it peacefully. All it takes is courage and perseverance, and a belief that positive change is possible. That is why the slogan for our campaign was 'It is Possible!'

"Today we are faced with a challenge that calls for a shift in our thinking, so that humanity stops threatening its life-support system. We are called to assist the Earth to heal her wounds and in the process heal our own.

A Zen Master in New York

He goes up to a hot dog vendor and says, "Make me one with everything." (ba-dum dum)

The hot dog vendor fixes a hot dog and hands it to the Zen Master, who pays with a \$20 bill. The vendor puts the bill in the cash box and closes it. "Where's my change?" asks the Zen Master. The vendor responds, "Change must come from within."