

## 2006 National Ki Conference

June 22-25, Portland Oregon



*This year a large group from Vancouver Ki Society travelled to Portland for the 2006 National Ki Conference led by Shinichi Tohei. Each came away with their own personal insights and a deeper understanding of Ki and Ki principles. For me to try and summarize would not encapsulate the true power of these 4 days, so the following is an excerpt from Shinichi Tohei's weblog ([http://universalmind.way-nifty.com/universalmind\\_english/](http://universalmind.way-nifty.com/universalmind_english/))*

This year's US National Chief Instructors' Conference included four days of seminar. The first day was a Ki-Aikido seminar for instructors only and the second and third days were a Ki-Aikido seminar for all members. I taught Ki principles (mind moves body) through Ki-Aikido. The last day was Ki Breathing and Kiatsu class for members.

The theme of the instructors' class on first day was self-control. To lead others, first, your mind and body should be stable. Therefore, we checked posture with oneness of mind and body. Then, we practiced it through Kokyunage, Nikyo, Kokyu-dosa, and many other techniques.

On the second day, in addition to instructors, regular members joined the seminar. Therefore, we checked posture with oneness of mind and body as way of self-control again. The theme of the second day's class was correct rhythm. We practiced correct rhythm through various Ki-Aikido techniques like we did on the first day. The last class was a Question and Answer session. I answered questions from the participants.

On the morning of the third day, I taught how to use Ki during stretching. After that, I conducted Ki tests. In the

afternoon, we practiced Zagi, Ushiro-tori, Ushiro-tekubi-tori, etc. based on correct rhythm. I wanted to experience the Ki of each of the participants. Therefore, I taught each of the participants directly. From the first day to the third day, I taught how to count with the voice correctly. To count with the voice with Ki, it is important to relax completely and exhale the breath at once. In most cases, overseas members also count in Japanese. Some members were not able to do it correctly at first, however, after practicing many times, most of members were able to count well.

The last day's class was Ki Breathing and Kiatsu class. Ki breathing and Kiatsu are both essential aspects of Ki-Aikido. First, we checked our posture, which is oneness with the Universe. Many people asked me, "What is calm breathing?" Therefore, I let each participant hold my chest and feel calm breathing.

I taught how to send Ki in Kiatsu class. I taught it by touching each participant directly. After that, I taught self-Kiatsu of the head and neck. And at the end, the participants did Kiatsu with each other. They realized that Kiatsu affects so much in such a short time. It seems the participants got confident, and felt: "I can do it!"



If I write a detailed account of the four-day seminar here, it will be several hundred pages. Therefore, I would like to share my experience directly when we meet at seminar or World Camp in Ki no Sato.

## Children's Sports and Aikido Camp 2006



Once again this year a group of students attended the Oregon Ki Society Children's Sports and Aikido Camp in early June. Wayne Whelan graciously volunteered to make the **LONG** drive, allowing us to take six children and four adults for an action-packed weekend. Our Kid's Camp veterans, Daniela, Tiffany, Nicola and Julia, were joined by Jessica and Denny, who served as a group leader for the 8 and 9 year old boys. That job requires lots of plus Ki and a calm mind! Jaquelyn Ohm came along to help supervise and play all weekend, along with Dianne Rogowski from the Calgary Ki Society. Wayne was "Lunch Lady" and general gopher all weekend long. He did a fabulous job. With all this great help, Branigan Sensei felt like she was on holidays for the weekend.

Saturday, Tam Sensei, Sloss Sensei and Peterson Sensei taught us lots of Aikido including weapons and then we played games organized by the group leaders. Jessica especially liked *Marco Polo*. In the evening, we headed off to the pool to swim and get washed after our hot and busy day. With bedtime stories by



some of the group leaders, it was easy to relax and fall asleep that night.

Sunday, we were up early to do a class on Oneness Rhythm exercises with Tam Sensei. After breakfast we headed to the playing fields to do three sports with instructors. Daniela learned not to use her tummy to stop a soccer kick. Jessica loved the Frisbee Golf best of all. Julia found the Frisbee fun and challenging. Golfing was fun, but it is still easy to miss the ball when you don't keep one point.

After lunch it was time to say good-bye to our new friends and leave for home. It was a long drive back Sunday night. Good thing the kids had their Game Boys to keep them busy in the cars. We are all looking forward to going again next year.

Parents, thank you for trusting us with your wonderful children for the weekend. They trained and played for two long days, keeping a plus mind despite a very short sleep on Friday night. You would have been proud to see how well they behaved! Thanks also go to Mike Knapp who made a generous donation toward our traveling costs.

### UPCOMING WORKSHOPS

- **September 23-24:** Kiatsu Workshop - Portland
- **November 18 – 19:** Fall Camp - Portland
- **November 20:** Board Test

### DOJO CLOSURES!

(No regularly schedule classes)

- **September 2 & 4:** Labour Day Long Weekend
- **October 7 & 9:** Thanksgiving Weekend
- **November 18 – 19:** Fall Camp

Please see an instructor for more details

### VKS Summer BBQ 2006

After Isaacs Sensei's morning class where veterans and new faces explored the divergence of Separation of Mind and Body from the Unification of Mind and Body, the group sped off to the park where they were met by the rest of the crew and a ready-made meal.

Everyone had a great day in the park with great people and great food. We had yet another fine water fight this year. The undisputed winner is Daniela for leading the ninja attack on sleeping Alex and especially for how brave she was when he returned the favour with a little help from his friends.

Special thank yous to Jack Mohr for transporting tables to and from the park and to Mike, Laura and Murray for setting up in the park for us. Many thanks to the BBQ King and his beautiful Queen for slaving over a hot grill all afternoon and thanks also to our early morning cleaning crew for making the dojo look its best for the occasion.