

A Sad Farewell



of Monkey Sensei and Tower Sensei.

From the beginning, Jessica eagerly followed her big sister on the mat at every opportunity, first to join in a game of Octopus or pre-class soccer, but soon sported a gi of her own and was quickly rolling her way into kid's classes.

Wayne and Cristina could be found at the dojo 3 times a week, standing at the side of the mat, encouraging the Senseis to deal out our particular brand of discipline to their children (he he!). The entire family (Grandparents included) could be found helping at every VKS event, and furthermore, their ability to recruit new members for our children's program was unprecedented.

On behalf of all the Senseis and the entire Ki Society family, we wish you all the best in Winnipeg. We will miss your endless smiles and unwavering support and hope to see you many times in the future. And remember, no matter where you go, smile and extend plus ki, for no matter how far you may be from home, you will always close to our family.

We are saddened to announce the departure of one of our most supportive families at the Vancouver Ki Society – the Whelan family.

Wayne and Cristina have been faithfully truckin' their children – Daniela and Jessica – to classes since March of 2002 when Daniela first began. Daniela could be found at every kid's class, hair hanging in her eyes and a hand in the air with a question to stump the Senseis. And since last summer, Daniela had added the Tuesday night teen class to her schedule which gave her more opportunities to make fun



Congratulations!!!

Congratulations to those adults who recently tested:

Anthony Agtarap -	2C
Brendon Frick -	6B
Daniela Whelan -	6B
Garrick Shepard -	6B
Lionel Philippe -	2B

Congratulations to those children who recently tested:

Denis Kovalenko -	9B
Ishan Thiyagaratnam -	9B
Jessie Frick -	8B

Congratulations to the graduates of 1st Year Kiatsu:

Alex Goldman
 Anthony Agtarap
 Mike Knapp
 Mindy Branigan
 Roger Isaacs
 Samantha Agta... err... Petticrew
 Sean Carter
 Thom Burlington

UPCOMING EVENTS

- **July 21:** Aikido Picnic. Class begins at 10. All welcome. Picnic after at King George Park on Cambie & No. 5
- **Aug 18 - 19:** Kiatsu Seminar 2 (Vancouver)
- **Sept 8 - 9:** Kiatsu Seminar 4 (Portland)
- **Oct 14:** Board Testing in Portland
- **Oct 21 - 28:** World Camp in Japan
- **Nov 3 - 4:** Kiatsu Seminar 5 (Portland)
- **Nov 17 - 18:** Fall Camp in Portland

DOJO CLOSURES (No scheduled classes)

- **August 4 & 6:** BC Day
- **August 18:** Kiatsu Seminar
- **September 1 & 3:** Labour Day
- **October 6 & 8:** Thanksgiving
- **December 20 – New Year:** Christmas Holidays

Please see an instructor for more details

KID'S CORNER

Once again, a delegation from the Vancouver Ki Society travelled to Portland, Oregon in June to attend the Annual Kid's Aikido Camp. We had a great camp with excellent training, challenges, friendship, and plus Ki. Activities this year included Aikido with weapons training, soccer, frisbee, golf and the ever-exciting night of swimming. As always, the kids had a blast and so do the "older" kids.



Calming your Breathing

By Shinichi Tohei

(http://www.shinichitohei.com/english/2007/07/a_short_instruc.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.

I have the great opportunity to be instructing many professional athletes. A common worry among them is not being able to have control over when they are in good condition and poor condition. Whether they are in top or poor form is largely affected by the state of their minds and that state is constantly changing. Even if they themselves intend to keep the same state of mind, when they are in poor shape the state of their mind has changed.

To correctly know the state of the mind is generally extremely difficult. This is because it changes before even they themselves notice it. For this reason, I make sure that I teach them Ki Breathing.

Many people have never turned their attention to their breathing, but if their breathing becomes calm, then their mind also becomes calm. The most important point is to always have calm breathing and to become able to notice when your breathing is rough.

However, it is difficult to notice that your breathing is rough when it is so. At such times we tense up and strain ourselves, before we become aware of what we are doing. Should you notice that your breathing has indeed become rough, then the only thing for it is to do Ki breathing. However, if you are not aware of it, then there is no way you can deal with it.

The reason many professional athletes deeply understand Ki breathing is surely because they compete in a tough environment where failure is not an option. It is the same when performing a Shin Shin Toitsu Aikido technique.

Even though you intend to perform with a constant state of mind, there are times when your state of mind has actually changed and you cannot perform as you hope to. The most extreme example of this is when you are tense and your body does not move as you wish it to. In order to demonstrate your real ability in important situations, such as your performance, you should always calm your mind and perform with a constant state of mind.

The breath is a manifestation of the mind, so you should always undertake the discipline of calming your breathing and then do your performance in the same way; in a state where your breath is calm. If you become able to do this, you will be very strong in important situations.

Everybody knows it is an important thing to "calm the mind." The question is how to do so. A concrete method for doing this is Ki breathing.

I give lectures and instruct at seminars for over three hundred days per year. If I am 'merely' giving them, then of course there will be times when I am in good or poor condition. Thus I make sure I perform Ki Breathing before the instruction or lecture.

The times when my breath is rough and I cannot do Ki breathing well are, as I wrote previously, the times when I am stressed and straining. If I give instruction in such a state, then the possibility of failure is high. Therefore, by doing Ki breathing until my breathing becomes calm, I am able to take the lecture in a state where my mind has also become calm. Then naturally enough I succeed.

I absolutely cannot neglect to do Ki breathing. [...] I would like you to turn your attention to your own breathing as your way of implementation and verification for this time. Within one breath, there are bound to be many things to notice.