

Using the Subconscious

By Shinichi Tohei

(http://universalmind.way-nifty.com/universalmind_english/)

This is a story that I had heard while I was a student.

A master sword smith had accepted a new apprentice. On the very first day, the sword smith showed the apprentice his very best sword.

Some people might say, "How could a novice understand that it is the best sword? He would probably not be able to tell whether it is good or bad." This may be true, but none the less, day after day the sword smith showed the apprentice the sword.

As time went on, the apprentice became able to picture the sword even if he closed his eyes. After years of hard training, the apprentice eventually became another great master.

When we try to achieve something, we will evolve in the shape of our own imagining. If the shape is predictable, we will develop into that shape. If the shape is brilliant, then we will develop into that shape.

By imagining the very highest level for the beginning, we are able to create what is to become. The important thing is to feel and know the very best until it gets into your subconscious.

That is what the sword smith's story tells us.

Now, what can be the best sword in our Ki-Aikido? That is the movement of Koichi Tohei Sensei. We are fortunate, because the treasured image of Tohei Sensei at the age of 49, titled "Aikido shijyouenbu", is in the video "Souden (Ten No Maki)."

In the training hall where I teach, I always recommend that the students see this film. When we see the movement of Tohei Sensei again and again, it gets into our subconscious. Then, our movement starts to become closer to Tohei Sensei's.

The essential point here is that you do your daily practice with the "best sword" in your subconscious.

IMPORTANT DATES:

- **December 14:** Bell Misogi Practice
- **December 16:** Last Saturday class of 2006
- **December 19:** Last Teen Class of 2006
- **December 20:** Last Aikido class of 2006
- **December 28:** Kiatsu class still open
- **January 4:** Thursday Advanced Aikido
- **January 6:** New Years Bell Misogi
- **January 8:** Regular classes resume

DOJO CLOSURES!

- **December 18, 21, 25, 26, 27, 30**
- **January: 1, 2, 3** (6th open to Bell Misogi)

Please see an instructor for more details

Adult Aikido Testing

Congratulations to all students who recently tested:



Alan Hodgson – Shodan
 Kevin Jones – Shodan



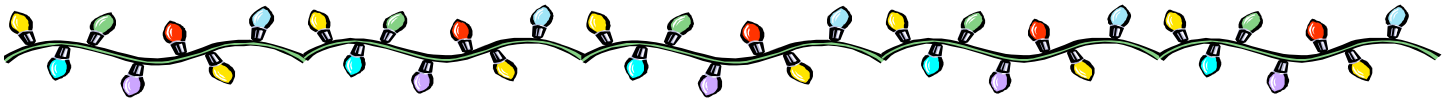
Mindy Branigan - Nidan

Aikido: A martial art which allows you to defeat your enemy without hurting them... unless of course they do not know how to do ukemi, in which case they have their wrist broken in about 20 places.

or

Aikido: Origami with people





Children Aikido Testing
 Congratulations to all students who recently tested:
 Brendon Frick – 7B
 Nasseem Vazinkhoo – 9A

We have had a busy fall in the Children's program. Our beginner's class has grown considerably, with fifteen students now attending it. Many thanks go to Alex Goldman and Denny Wong for assisting our youngest and newest students, making this growth possible.

At our recent Family Class and Potluck, it was a great pleasure to step back and watch our students working with one another and making guests feel so welcome on the mat. It is very rewarding to watch our older students growing and becoming young leaders. Special mention goes to Brendan Frick who joined the teen class recently.

He continues to attend classes on Wednesdays and Saturdays, often joining the beginner class to assist and take ukemi.

Plans are already underway in Portland for the 2007 Children's Aikido and Sports camp. We hope to take another large group down, including our newly certified Shodan, Hodgson Sensei, and our newest volunteer to the Teen program, Anthony Agtarap. Stay tuned for more details. As we receive the dates and other information, we will post them in the dojo.

Closing Notes for 2006:

- ❖ Please remember that Annual Membership fees are due. If you haven't paid already, please get your payment in as soon as possible. The fees are: Adult= \$40; Children= \$20.
 - ❖ Please note the new fees for 2007:
 - Adult Aikido - \$70/ month
 - Adult Ki Development only - \$55/ month
 - Adult Kiatsu and Aikido fees combined - \$170/ month
 - Children \$35 (1st child), \$25 (2nd child), \$0 (3rd child)/ month
- Remember:** Post-dated cheques are the most convenient payment plan for the dojo and yourself
- ❖ Beginning in 2007, there will be a new Aikido class on Tuesday evening taught by Hodgson Sensei and Jones Sensei from 7:30 – 9:30. All adult aikido students are welcome.
 - ❖ We would like to thank all the volunteers who helped the Vancouver Ki Society flourish in 2006. The instructors, students and parents continue to take pride in our little community which is evident in strength of our classes and the warmth of our dojo. A special thank you to Jaquelyn for her hard work organizing such a successful Christmas Party.

Some great action shots from the November Dan testing in Portland (thank you Murray)

