

## Aikido London Newsletter

### Dec. 31, 2008

**2008 in review...Shuygokan Dojo:** We were pleased to host on several occasions members and instructors from the Shuygokan dojo in Detroit. Larry Castleberry Sensei and his group have visited our dojo from time to time to share our dedication to Yoshinkan Aikido.

It is fantastic to have a group, so similar to ours, where the desire to improve and learn techniques as taught by Amos Parker Shihan is foremost in their training.

**Yasuhisa Shioda Soke**, the worldwide head of Yoshinkan Aikido and son of the Founder, Gozo Shioda Soke visited Aikido London in June 2008. It was both a privilege and a thrill to host Shioda Soke on his first international tour. The event sold out in less than two weeks. Soke's visit brought together Aikidoka from local dojo's. Shioda Soke dazzled everyone with his strong technique and demonstration. At the end of the seminar, Shioda Soke encouraged everyone to continue to train hard and assist him in promoting Aikido in our community.

**California style Aikido...**A group of Aikido London members travelled to Sacramento California to train at the Seikeikan dojo. Steven Miranda Sensei, hosted Amos Parker Shihan (8<sup>th</sup> degree Black Belt), for a series of Aikido seminars. The training was grueling and fun at the same time. This event allowed our members to test their skill and technique on Aikidoka from across North America. Parker Shihan was

impressed with the level of technique by the Aikido London contingent. To the point where he chose each member at least once to demonstrate his technique. The weather was wonderful, we visited San Francisco, ate well and shared fellowship and friendship. All in all it was a great trip.

**New Black Belts...**Aikido London's black belt members grew by three in 2008. Rob Alder, Yuji Tanaka, and Kyle Sandhu earned their Shodan (1<sup>st</sup> degree Black Belt) certificates. Gary Leitch successfully graded for his Nidan (2<sup>nd</sup> degree Black Belt) certificate.

**Christmas Party...**Wasn't it a party!!! In excess of 200 people joined us to celebrate the Christmas season. The martial arts demonstrations were widely cheered and well received. Thank you to the members, young and old, who participated in the demo. It was most enjoyable to watch. A special thank you goes out to all the adult members and parents for bringing in something for the potluck lunch.

**Osoji...**Last class of the year...On Dec 23, 2008 the last class of the year was celebrated. As is tradition in our dojo, each instructor has an opportunity to share their favorite technique with the members. The last techniques are taught by Hennessy Sensei. At the end of the class, the whole dojo is washed and dried by hand in a traditional Japanese ritual. The washing of dojo symbolizes the cleaning out of the old spirits and offering a clean place for the good spirits in 2009 to live. It is a ritual where all members get down on their hands and knees, we use a little elbow grease to wash the floors by hand.

**2009... First class of the year** is Saturday, Jan. 3, 2009. Class will follow the same schedule as in the past.

**Seminars...**Aikido London plans to host 2 seminars in 2009.

The first will be the end of April, exact date to be determined. We will host Amos Parker Shihan (8<sup>th</sup> degree) for a weekend series of seminars. The seminars will be held at our dojo and limited to 40 participants. Cost will be \$175 on a first paid first registered basis. All local Yoshinkan Aikido dojos will be invited.

The second seminar will be held on Friday, June 26, 2009. Ando Shuseki Shihan (8<sup>th</sup> degree Black Belt) will visit Aikido London. Ando Shihan will teach one class at Aikido London. Again we will limit this event to 40 participants. Cost for the event will be \$45. All local Yoshinkan Aikido dojo's will be invited. Registration will be based on a first paid first in basis.

**Promotions... January, 2009** is *Bring a Friend Free* month. Please see Hennessy Sensei who will provide you with an invitation to bring a friend to as many classes as you want for the month of January.

Look for some new Aikido / Kenjutsu T-shirts & Hoodies. These will be available early in the new year.

**Student Handbooks...**2009 Student Handbooks are now available. For adult members the syllabus for both kyu and dan levels have changed. For junior members, some of the grading requirements for particular belts have changed. These syllabus changes reflect the current curriculum followed by the Yoshinkan Aikido honbu dojo (main school). *The 2009 Student Handbook is available for \$15 per copy.*

**Black Belt Testing...Aikido...** During Amos Parker Shihan's visit Black Belt testing for 4<sup>th</sup> Dan and above will arranged.

Regular Black Belt testing will be scheduled for Thursday, June 18 and Nov. 26, 2009. These tests will begin promptly at 7:30pm.

**Kenjutsu...**Black Belt testing will be held on Tuesday, June 16 and Nov. 24, 2009. These tests will begin promptly at 7:30pm.

As is our custom all candidates will receive a written invitation to test. Everyone is welcome to attend.

**Training DVD's / Equipment / Weapons...**If you are in need of any equipment, weapons or a dogi please let Hennessy Sensei know. He will look after all orders and sales.

We are in the process of completing the production of DVD's for both the Aikido Adult and Children's curriculum. In addition, we are looking at producing DVD's for the Kenjutsu program. Availability: TBA.

*Thank*  
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*continued*  
*support*  
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*ASH>*