



The Bulletin is a source for CATSDS students and instructors to share their thoughts and ideas in a "bulletin board" format. Enjoy!

Editorial (Reprinted from 1/09)

The Instructors for the CATSDS would like to thank all of you who took the time and effort to write a paper assignment for the Bulletin. Those who put forth this extra effort understand the meaning of our standard and what that means to our school.

You will notice that there are many references in this issue of the Bulletin to standards. Some might argue that standards are not needed and that standards do not allow for development of the individual and do not allow for creativity. On the contrary...standards provide the basis for these things. The CATSDS has always had high standards and these standards have not been unreasonable, given some of the standards put forth by commercial schools or for that matter, some traditional schools. Look up some martial arts schools on the internet and make your own conclusions.

To close, the year 2009 is about realizing that martial arts training is about character development. As a part of that development, the discarding of habits which do not allow for that development is an important point. To that end, paper assignments are not a request...they are a part of the standard of the school. It is every student's responsibility (we are all students of the Art we practice) to send in their assignments **on time**. There are 3 1/2 months, between issues, to come up with an idea and write about it. Judge for yourself whether this is too much to ask.

Upcoming Events

Sunday, May 10
Mother's Day

Monday, May 25
Memorial Day

Saturday, June 14
Flag Day

Sunday, June 21
Father's Day

Sunday, June 26-28
MKF Seminar w/ Kashiwaya Sensei!

Friday, July 4
Independence Day

August - Paper Submissions:
August is the month for paper submissions to be included in the September Bulletin.

Editors: Vernon Medeiros
Mike Parenteau
Designer: Jane Parenteau
Web Master: Ryan Goettsche

Event Pictures

News

On April 25, practitioners from the Center for Aikido and Tang Soo Do Studies visited Boulder Aikikai in Boulder, CO. They had the privilege of attending a seminar hosted by Boulder Aikikai, featuring Ikeda Sensei and Mary Heiny Sensei. Heiny Sensei shared her thoughts on Aikido for the morning and 1/2 of the afternoon session. Then Ikeda Sensei demonstrated some Aikido subtlety, which if asked, the “Blue tops” could share some of their thoughts!

Another news bit...Kashiwaya Sensei will be at the University of Colorado in Boulder from June 26th through the 28th. Kashiwaya Sensei is a outstanding martial artist, so please make time to participate! More information can be found at:

<http://www.midlandki.org/june2009.html>



Heiny Sensei (Center-back) and the CATSDS group!



Ikeda Sensei (Center) and the CATSDS gang!



Ikeda Sensei and the “Blue Tops”!

Students' Thoughts

Aikido Connections

By Fred Hunt

Practicing Aikido techniques with individuals is as varied as the techniques themselves. One person will be very centered, very connected and have great ki extension making it difficult to do a technique on them, but when you get it you KNOW you got it! No doubt about it. Others offer no ki extension, are barely connected and aren't very centered. Like one of the seniors is fond of saying, "If you're not attacking there's nothing to do". Others, mostly new people, are rigid and unyielding making it difficult to use atemi to move them unless you actually pop them, which isn't very harmonious. When the Tang Soo Do practitioners do Aikido, they are connected.

Most practitioners are somewhere in the middle offering good connection and ki extension. I try to be somewhere in the middle, but I'm sometimes affected by who I worked with first. This means that I'm not blending and harmonizing with my partner. Yet something else to work on!

Learning from Mistakes

By Spencer Van Horn

Everyone makes mistakes, but it's what you do after the mistake that matters, for example, did you learn from it? We can also learn from other people's mistakes as well. By watching and learning we can make sure that we don't do the same. Many people think that making a

mistake is wrong, but it actually teaches you what you must do the next time a similar situation happens. Others have done things that they regret and wish they never had done it in the first place. They think that it's the end of the world or that they are messed up for the rest of their lives. When people put their mind to something, whether it's good or bad, it can become a reality.

The One that Receives

By Ken Larsen

In Aikido there is the Nage, the one who throws, and the Uke, the one who receives. Most of the time, the emphasis is placed on Nage, as he is the defender and "does" the technique. Lately I've thought about the Uke, the one that receives. Ukemi, the art of falling, is what the Uke does. This is an art because the Uke must protect himself so that he/she may receive the technique without injury. In some cases this ends in a roll or fall, or a pin or counter technique. After receiving the technique, Uke gets up and either attacks again or switches roles with Nage.

Hmm, the one who receives a technique, blends with it, and protects oneself through the technique to prevent injury. It seems that it would be a good thing to be Uke in daily life as well. I have been working on receiving others energy, good or bad, blending with it and being able to protect myself from injury or harm. The real trick is to assume this role with compassion for the "Nage". That is, in Aikido, the Uke takes ukemi without any ill will towards Nage and in actuality the Uke

Students' Thoughts

takes this role to help the Nage become better at Aikido. This must also be true in real life where we take on this role to help others become better people.

This seems to be another one of the lessons of Aikido, that and train, train, train...

Distractions & Obstacles to Training

By Stephanie Shuhayda

Due to my recent injuries, I've been feeling quite discouraged about continuing my training as I keep getting hurt through my own clumsiness. I wonder why I keep finding myself in this place...yet another dark night of the soul. No one can torture you like your own mind.

It occurred to me that I cannot work in my chosen profession as a Structural Massage Therapist if I injure my hands, arms, legs or feet. In what better way to injure them than in Tang Soo Do class? My logical reasoning (and that of my family) was that I should stop all this "foolishness." Maybe it was time to start acting my age and think of the future. There are so many people who depend on me.

After entertaining these thoughts for a while, my heart said simply, "what would you do without your training?"

What is it about people like us, who are driven with a passion to train in our chosen art? What makes us do it, despite the many things that can and do go

wrong? It's such an elusive thing...and so difficult to pin down. Try, for a moment, to imagine your life without your training. Is it inconceivable?

Yet there are many people who come and go from the martial arts. For whatever reason, it wasn't for them. It didn't feed their soul enough to get them back on the mat after their first injury, let alone their second or third.

Through a bit of research, the top reasons people quit are job & family constraints, moving away from the school, loss of interest, illness & injury, and cost of classes. These are responsible reasons; most people would agree. For me, it is the added risk of structural injury that would make my work impossible. Yet I will get right back up there, as soon as I've healed enough to begin training again.

My training has been with me a long time, through the good times and more so the bad. It is an outlet for my excess energy & negative feelings. It anchors me, allowing me to walk with confidence through the dark alleys of life. It has made me aware in so many ways, and it feeds my soul. It is something I do for me, alone. Without it, I wouldn't be me.

It's so difficult to be immobile when injured. I haven't yet learned to train in my mind. I am finding the concept hard to grasp. Training has always been physical with me. But, the alternative is to stop training completely for several months. So begrudgingly, I will go and sit and perhaps learn something.

Students' Thoughts

Embracing the Suck

By Britney Sevy

While waiting for the Brigade run to embark on its journey, I discovered that even though everyone hates large group runs, and most would often choose getting "smoked" (a form of corrective training involving the use of extensively exhausting exercise) over a Brigade run, a few cowardly people mysteriously contract a sickness or, are suddenly unable to run due to a recent and sometimes even out dated injury, just to not do participate in the run. As we were in formation waiting at 0530, in nothing but a long sleeve shirt and some shorts, I came to realize through some wise words of the Company's Executive Officer. That this dreaded event does exactly what it was intended to do. It builds esprit de corps. The Webster's New World Basic Dictionary of American English (1998) defines this as "a feeling of pride and honor in the group to which one belongs." Freezing in the cold wind with little protective clothing, standing in that cold for an hour, and running at an alternating pace of sprinting to running in place for the better part of four miles, doesn't sound like something someone would take pride in doing. However because as a unit, we were out there in the cold and suffering together through the same things, we did take pride in accomplishing this dreaded military tradition.

As I was running and gasping for air I took comfort in knowing that the person

to my left, right, in front, and behind me were also feeling the same way. When we stopped for whatever reason, the look on everyone's face was the same as mine. When we were done, the look on everyone's face was the same as mine. When we reminisce about that morning of forced bonding, everyone had the same feelings. Why? We embraced the suck together. What is embracing the suck? It is the idea that you can't change the unfortunate situation, it is out of your control, and thus all you can do is embrace it. Make the best out of a bad situation. I am a firm believer in bonding through physically demanding times. Being a part of sports and the military, it is constantly reconfirmed to me. We as humans bond the strongest through demanding times, where a person's true self is often revealed.

Even though we had no fun during the run, when approached by someone who didn't participate in the run for whatever reason, the respect for that person isn't necessarily dropped, but it doesn't increase either. There was no bonding, no "pride and honor" for accomplishing the run, no mutual feelings and similar experiences shared. Thus through some reverse psychology our unit is stronger, does have pride and honor, and we are closer not as people, not as Soldiers, but as the team that we need to be. In closing I reluctantly say, thank you dreaded Brigade run for accomplishing your mission, though no one fully appreciates it in the way that it should be.

Students' Thoughts

Movies Lie

By Brent Bloem

Montages are frustrating. In countless 1980's "B-flicks," only two minutes time, a sequence of images, and an inspiring, synthesizer filled rock song, are all a martial artist needs to become superhuman. Ah, if only Europe's Final Countdown could transform everyone. Unfortunately, for this returning seven year veteran of Tang Soo Do, training for success hasn't been as swift or successful as what occurs in a montage. Returning to the art has been a mental, egotistical and philosophical challenge. In short, returning to TSD is not easy because not all TSD schools are the same.

The first challenge in restarting Tang Soo Do is adapting to the differences in another school's technique. Adaptation is difficult because learning embedded into long-term memory is hard to override. It seems that once a technique is called, a small, internal voice whispers, "Go. Do what you know;" but, the mind focusing on the adaptation shouts, "NO. Stop—do what was shown." In a way, until the new learning has become the norm, reprogramming old memory is like listening to multiple conversations. It is hard to split one's attention to listen to the voice one really wants to listen to.

Unfortunately, the above demand creates another stumbling block. The demand espouses obstinacy bred by one's ego. One knows where his or her skills should be for his or her rank, one knows where his or her skills are, and

one knows a lot of training is needed to bridge the huge gap between them. This self-awareness demands humility and patience which are virtues hard to adopt sometimes...especially once one realizes one cannot do what one could once do well. All too soon, one must quickly accept that perfection (or, even proficiency for that matter) in martial arts doesn't grow quickly; martial skill takes time, dedication, and patience.

The other challenge of returning to Tang Soo Do is reconciling the differences between the principles of each dojang's technique. If one school's technique is correct, can another school's technique be correct? Or, paradoxically, is "correctness" relative to numerous interconnected factors? To authoritatively answer these questions, more than one page is needed for this contemplation. However, here are four thoughts. Some schools might hold their technique as the best. Conversely, other schools might hold any technique could have different, although valid nuances. All in all, is there a best way? Surely there are bad ways to do technique and if there are bad ways, perhaps a better question is, what is the better way, and which school's *better* technique is, well, better?

Returning to Tang Soo Do is not easy. Not all Tang schools are the same. The differences create challenges...mental, egotistical and philosophical, and the challenges quickly reminds one success is not easy. One must re-train his or her memory, work past his or her ego to be patient and accepting of his or her skill,

Students' Thoughts

and one must reconcile the differences between past and current teaching to adopt new teaching. Unfortunately, nothing happens like it does in cinema. Two minutes time, a sequence of images, and an inspiring, synthesizer filled rock song cannot make one a super martial artist. Time, quality training, perseverance, blood, sweat, tears, and maybe the occasional Europe song make someone a super martial artist.

Tang Soo Do: A Family Tradition

By Lois Eisenhauer

My name is Lois Eisenhauer. I've recently restarted my studies of Tang Soo Do in an effort to improve and renew my mind, body and spirit. This is my first newsletter submission. So, as students before me have done I shall speak of some things that I feel are of importance and that would be a benefit to others. This particular piece will be about my family, tradition and the vast influence Tang Soo Do has had in each.

My path in the martial arts world began at the age of 7. It was my father who introduced me. It started out with just my father and me attending but eventually my mother, 2 sisters and brother joined as well. Throughout my life there were many obstacles in the way and many lessons to be learned. My mother and father always did the best they could to guide me but, there are some values we all might have never learned had we not been a martial arts family. Because I can fill several novels with life lessons I will try to keep

this article to the point. As all children do at times I argued with my parents and simply did not understand why they did or said many things. At the time it just didn't seem fair that nothing would ever work out in my favor. We have all heard the "You'll understand when you're older" and "I'm your mother/father and I know what is best!" and well, now that I am older I do see where my parents acquired much of their advice.

There eventually came a time in my young adolescence that it was no longer "cool" to be in karate or be in the band etc. and so I wanted to quit both. Below, for this paper I will share only 3 of thousands of lessons my parents taught me in regards to this topic. I remember my father telling me that I was not allowed to quit band or anything for that matter because quitting "does not build good character". Well, as you can imagine I came up with all sorts of excuses to keep me from going to my classes. One time I hid my uniform pants and told my parents at the last minute that I couldn't find them. My dad simply replied, "Improvise!" and threw a pair of my brother's Dobak pants at me. "They may be short, but they'll do the trick" he said. I didn't like the idea of wearing my brother's pants but sure enough I went to class that day and survived. Then there was a time when I tried to get out of testing for a belt. I complained that I and my siblings could not all possibly share the same book to study from for the written test, that there would not be enough time for me. My father's response as he tossed his book in my lap was, "Then adapt! Copy down all the

Students' Thoughts

information you need and you can take all the time you want." Test day rolled around and to my surprise I received a 98% on the written test. As I mentioned earlier I also tried to get out of band. I was part of the percussion group and I felt that everyone was better than me so I wanted to quit. When I expressed my concern to my mother she lovingly said "Then overcome this problem and practice, practice, practice!" Although I did not join the band the following year I did help play a part in our band class being chosen as best in the school that year.

So, at this point I am sure you are asking yourself how exactly any of that ties into martial arts. Well, it was not clear to me either until my first World Tang Soo Do region 8 tournament. It was there that I met Grand Master J.C. Shin for the first time. Knowing what an honor it was to have him there observing, everyone listened intensely when it came time for him to speak. He began by telling us that the turn out that year for the tournament was so immense. There were many people unable to sit in the stands as they were full. The tournament floor was barely large enough for all the competitors and eventually they ran out of medals for awarding. It was then that Grand Master Shin said he was pleased to see we had improvised, adapted and were able to overcome the difficulties presented to us that day. A light bulb came on in my head. Where had I heard those words spoken before? As it turns out I realized that I had heard my own instructor using those words of encouragement in class

and in turn my parents used it at home. Gratefully, I was able to apply that new found knowledge many times in my life and still do.

Happiness

By Mark Crary

What does happiness have to do with martial arts? Okay, maybe nothing, but typically, when I leave the dojo, I'm happy. Besides, I couldn't think of anything more pertinent to write about, and this is a subject that has been on my mind a lot for the last year or so. No need to get into specifics, but that timeframe has not been great, and it's been difficult to stay positive, so happiness (or lack of) has been the subject of much of my thought, and I hope you don't mind, but I'm going to pass on a little of what I've found.

For much of my life, it has seemed to me that the pursuit of happiness was pretty much a selfish search. Now that I'm a little older, my perspective has changed a bit. Quite a bit! Now it seems as if the pursuit of happiness is not so selfish, but more like an obligation.

When you think of admirable character traits, you probably think of things like honesty, moral courage, selfless acts of kindness, etc. I'd like to see happiness added to that list as a great character trait. When I'm gone, I'd like to be remembered for any of those first three on the list that anybody thinks I qualify for, but mostly I'd like to be remembered as a happy guy who spread it around, and made those

Students' Thoughts

around me happy.

Happiness, acting happy, or at the very least, not inflicting your unhappiness on those around you, seems to me to be at least as important as any other character trait. It occurs to me that, with some exceptions, happy people make the world a better place, and unhappy people make it worse. This seems to be true on both a personal and a global level.

On the personal: think about the effect an unhappy parent can have on a young child. Ask the child of an unhappy parent if that unhappiness hurt them. I assume some of you have worked with someone that is always angry or upset. Ever notice how that mood seems to spread? Seems like no time 'til the whole crew is tense and angry too. I'm sure I could come up with many more examples, but you get the idea.

Seems to me, we should regard bad moods much the same way as body odor. We shower every day so as not to inflict odors on those around us, so too, we need to be aware of our bad moods so as not to inflict them on others. That's where the dojo comes in for me. You know, leave the garbage outside, and when you leave, it's still there if you must or want to pick it up. It doesn't seem as bad when I leave, and that feels good!

The flip side to the damage done by unhappy people when they spread their mood, is the good that people do when they are (or at least act) happy. Just

think how much more willing you would be to help someone when you yourself are happy. You help, it makes someone happy, and that, in turn makes you even happier. My God, what a vicious circle that is! It seems clear to me how much more good happy people are likely to do.

I'm not going to bother with the global level. You can come up with your own examples of happy or unhappy countries, and what each has done for or to the rest of the world. Not to mention, if I do it, this could turn into some sort of political tirade, and that's not a can of worms I want to open here...

I do feel the need to make a distinction here though. I want to stress the difference I see between happiness and pleasure. To me, the pursuit of pleasure is akin to hedonism. Pleasure is something that can never make you truly happy, because you will find you always need a bigger thrill or else you don't get the same level of pleasure you had last time. True happiness, on the other hand, leaves you with a contented feeling of fulfillment that pleasure can never match for longevity.

So anyway, now I see the pursuit of happiness as an unselfish, noble act. It benefits everyone around you, and it benefits humanity by making the world a better place. That's why I consider it a moral obligation! Thanks for listening and as always, I'd welcome any feedback or insights any of you might have.

Students' Thoughts

Egos Go Home

By Jack Hoyt

When we went to the "Aikido Summit '09", the knowledge and experience given to us was greatly appreciated. It was good to see the experience of many years of training and Ki extension.

Several years ago, a few of us went to another seminar of the same sort in Texas, with several different senseis of different Dojos. This seminar lasted three days. Each sensei taught for 1-1.5 hours. It was a period of intense, rock and roll for most of the instruction periods and by Saturday evening, we were glad it was over.

The main difference between the two seminars was the intensity of the training. The instruction in Texas was done mostly by younger senseis that seemed to want to show their prowess and stroke their egos. They exhibited a "look at me and learn" attitude. These instructors would teach their class period and leave with the members of their dojos without respecting the senseis of the following periods of instruction.

The senseis of the Aikido summit were all older and established in their arts. It seemed to me that they knew, if it even crossed their minds, they had nothing to prove. All they wanted to do was pass on what they have acquired over the years. Most all of the senseis were present all day and several were partaking in the all day training.

This kind of reminded me that the egos do not belong in the dojo and should be left at the door.

Stay on the Path

By Gihan Fellah

Spring is here at last. It is the season for new beginnings, planting gardens, cleaning house and practicing Tang Soo Do with renewed effort. With the warmer weather, I have dug out all my old notes, dusted off my few martial arts books and have started to practice at home once again. All winter long, I have been in a martial slump and have not done much more than drag myself into class once a week. It has been difficult to stay motivated in anything with our country's economic woes and the destructive decisions our current government administration has been continually making (stimulus bills, pork spending, our president bowing to other world leaders, over taxation, etc...). On April 15, 2009, I was one of over 2,000 people locally who participated in the "Tea Party." After witnessing and talking with the numerous other people that were actually trying to do "something" about this country, I felt a renewed hope. I feel it is just the beginning of a movement to turn this country around and back on to a better path. This also sparked a renewed effort in my training. Since then, I have started waking up each day with new energy and morning practices of forms, combinations, and stretches. My whole day goes better now.

Students' Thoughts

It is fairly common to have peaks and falls during one's training. The key is to keep training and not give up. As Sensei Robyn read at the presentation of my "Certificate of Appreciation", "When you hit a wall in your training and start losing interest, quitting for a while only serves to strengthen that wall. The key to overcoming this barrier is to persistently continue your training and stay on the path."

As many of my fellow practitioners already know, I can no longer train on Tuesday evenings due to my commitment to my band. However, I look forward to Thursday evening classes and Saturday open mat. Thank you to all the participants of our school (Aikido and Tang Soo Do) for continuing to train through your good days and your "slumps." Your continual effort benefits all.

Recent Thoughts...

By Samuel George

I just finished a morning class with Jack Hoyt and decided to write down some of my thoughts because this paper is late. It always seems my time is crowded with things to get done and all kinds of reasons not to do them. It might have something to do with

not staying centered, as Jude mentioned. I decided to take the plunge and try hunting with some of my friends. The first thing to get done is to complete a hunter safety course. This course is offered at various places and times which you would think would make it easier to get done. My problem arises with my work schedule which conflicts with almost all the class times. I arranged with my boss to take three days to complete the course. Of course a problem arose. Because the time off I requested fell during the spring break of many driver's kids, I had to reschedule the hunting classes for April 22, 23 & 24. This would have been fine, except that in order to draw a license you must complete the course before April 1st. So now I will probably not be able to go this year (at least I will be ready for next year). Why do I want to go hunting, after 60 years of not hunting? Mostly, the reason is to spend time with old friends in a new environment. I'm not sure I could shoot anything anyway. Could I stand to gut a deer or elk? I even shy away at the mention of the word gut--it is such a gross word. I have no idea. I guess watching everyone get ready to go on the trip and loading their tents, and equipment into their vehicles for years has finally made me say, "YES!" when my guts tell me no. Sometimes you just have to take the plunge.

Helpful Tips

Here are a few tips to make writing and publication easier:

- 1) It is helpful to spell check your work. Take it easy on the editors!
- 2) Single space your work and be sure there is only one space after periods.
When our designer flows the text in, the formatting changes. If you absolutely want something highlighted, put the text in bold.
- 3) Every paper should have a title and author name.

Instructors' Thoughts

Making Connections

*By Sensei Robyn Gray,
Senior Instructor*

This past year the Center for Aikido and Tang Soo Do Studies has had the privilege of not only hosting a seminar, but attending quite a few as well. I find it wonderful to explore and experience different Aikidoists and their styles. Making connections with other students of the Art is not only humbling and rewarding, but can generate pleasant memories, and in today's day and age and the way society is in general, it's nice for others to come together and share. By doing so, we can learn so much about ourselves and our training. Even if we can't actually step onto the mat and train due to finances or injuries, by sitting, watching and observing we can still self reflect and understand more than we did the day before. Senseis who have trained for 30, or more years and who have a direct line to the founder have such a wealth of knowledge to share. So why as students of the Art would we deny ourselves the opportunity to learn from them, progress, and create harmony?

O'Sensei stated "We must continue to train daily with our friends and students and progress together." He also stated that "Instructors can impart only a fraction of the teaching. It is through our own devoted practice that the mysteries of the Art of Peace are brought to life." Our school has the opportunity to attend a few more seminars in the coming months, so I encourage all of us to make the effort to get out there and explore. Irimi; enter into your life, because you never know what will happen.

Adventures in Martial Awareness

*By Sabom Tim Speaks,
Senior Instructor*

In our small Dojo/Dojang it's easy to become narrow sighted to the greater social experience that is martial arts. We diligently train inside our small social circle day in and day out becoming accustomed to a certain way of moving, feeling, and experiencing our martial training that is very familiar and safe. Of course this feeling of safety enables us to become comfortable with our training partners and facilitates our ability to practice ever more advanced ways of moving. Nevertheless, for us to develop completely and in a more dynamic fashion we must venture away from the familiar and challenge ourselves with new experiences.

Over the past year the Center for Aikido and Tang Soo Do Studies has been endeavoring to expand our horizons as martial artists by going to various Aikido seminars. Through these seminars we've been exposed to a greater social circle of martial artists that have introduced us to new ways of moving and feeling that are unfamiliar and arguably less safe. It is uncomfortable, especially for a Tang Soo Do practitioner, to move in new ways with unfamiliar Aikidoists who may or may not have the commitment to safety that we are used to within the walls of our own Dojo/Dojang. Yet time and time again we pass through the discomfort and find ourselves a bit more refined on the other side. A feeling of accomplishment is attained from

Instructors' Thoughts

making it through another ordeal that has shaped us ever so subtly better that we were before. Just keep it up for another thirty, forty, fifty years and you'll get the pot of gold at the end of the rainbow.

Nevertheless, much can be said and done to get in the way of experiencing these great treasures of martial training. Perhaps, fear creeps into our minds at the thought of leaving the comfort of home. So what? We are martial artists, discomfort is our way of life. This is how we grow and become better at our chosen arts. A bit of fear and pain to be overcome is just what the doctor ordered.

Maybe we feel we are content to train exclusively in our little corner of the world. It may be that our small social circle of dedicated students and instructors is good enough for the average practitioner to develop well. Well...well is not good enough. We are here seeking perfection my friends. Anything else is lack of ambition. We at the Center for Aikido and Tang Soo Do Studies have a tradition of excellence to uphold.

In the end, it is up to each individual to ask his or herself what they wish to accomplish with their training. Is training in the martial arts something we just do on the side, or are we serious martial artists who are determined to become the best we can be. Over this past year I have noticed this school getting better, richer, as a result of new and greater experiences beyond the four walls of our home Dojo/Dojang. I hope all members of The Center for Aikido and Tang Soo Do Studies will put aside excuses and

continue to participate in our ongoing martial adventures that contribute to the enrichment of our school.

A Unique Opportunity

*By Sabom Jude Miller,
Senior Instructor*

2009 happens to be a good year for martial artists residing in Colorado as a good number of high ranking Aikido senseis will be holding seminars here this year. Kashiwaya Sensei held a seminar at Denver Aikido in March. I am always astonished by how smooth and flowing Kashiwaya Sensei's movements are. I also admire how you can see the power of his weight underside. I was sitting two rows back when he was demonstrating a technique, and I still felt it when he dropped his center.

Also held in March, was the 9th Annual Colorado Aikido Summit at the Denver Buddhist Temple. This year's Summit featured SEVEN high ranking senseis from around the globe. I enjoyed seeing the many different schools of Aikido, and the teaching styles and techniques of the seven instructors. The sensei that left me with a lasting impression was Ikeda Sensei. Even when Ikeda Sensei's body is still, it is full of motion due to his ki. I was very fortunate to have had the opportunity to feel his technique multiple times during the last hour of the Summit. Ikeda Sensei was able to uproot my center without moving his body. His ki extension was that effective. Ikeda Sensei is also very subtle with his ki extension. When he asked if I felt that my center had been moved,

Instructors' Thoughts

I just barely could feel it. I found it very difficult to try and see what Ikeda Sensei was doing during his demonstrations. He hardly moved his body, so I couldn't see the motions. It was a long day at the Summit, but I'm still going over the events and experiences in my mind. I'm glad that the experiences I had at the Summit are long lasting.

I am greatly looking forward to the upcoming seminars that are scheduled in Colorado. At the end of April, Mary Heiny Sensei will be holding a seminar in Boulder. Kashiwaya Sensei is returning in June. Koichi Tohei's son, Shinichi Tohei will also be visiting Colorado. This will be a historic event, and I look forward to it. Sabo Sensei (and hopefully Martin Katz Sensei) will be visiting our school from San Diego.

This year presents great opportunities to learn from very high ranking and experienced senseis. I always find that seminars light a certain fire within me. It is a very renewing feeling to have. Training for long periods of time at these seminars can be very demanding, but the long lasting and immediate rewards are worth the great effort. For me, going to these seminars and events is kind of like looking into the future; I see the path that I want to take, and where I want to be more clearly. These events are inspiring, and will become more rare as time goes on. The unique opportunity to create lifelong memories is present now.

Seminar Experiences

*By Sensei Ryan Goettsche,
Senior Instructor*

It's been a very busy year, especially the past few months with all of the seminar activity in the state. Last summer there was the Expo with Sabo Sensei and the weapons camp with Kashiwaya Sensei. Then Kashiwaya Sensei recently returned for a three day seminar which included visiting each dojo in the Denver/Boulder area. Most recently there was the 9th annual Aikido Summit at the Buddhist Temple in downtown Denver which hosted seven different instructors including Chandler Sensei, Izawa Sensei, Itoh Sensei, Tanaka Sensei, Hayashi Sensei, Threadgill Sensei and Ikeda Sensei. It has been a wonderful experience to be able to participate in them and train with people from all over the world.

Our most recent experience with Kashiwaya Sensei was amazing. He offered a children's class on Saturday morning at the Denver dojo. I told the parents of our children's class that this would be a wonderful opportunity for them to experience someone like Kashiwaya Sensei. They were excited to hear about it and allowed me to take all of the kids up to participate. It was great to see how interactive Sensei is with children and how he handles a group of children as large as this one was. They all did some basic stretches in a very spirited way and then did some basic rolling and more advanced falling. After the one hour long class, I took our children home and they talked about it all the way back. I hope

Instructors' Thoughts

it's something that they will remember forever...if not, I did get some pictures at least. The next day, Ken-san and I went up to Westminster to train for the day and we had a wonderful time. We were able to do musogi breathing, lots of Ki exercises, bokken cuts and listening to Sensei talk about Aikido was very exciting. To think about his history, training with Koichi Tohei Sensei and everything he must have seen through his years is mind boggling. He moves with incredible power yet with softness that you can't believe unless you see and feel it live. Everyone was very friendly and we had a great time.

Last month was the Aikido Summit with seven instructors and that was an incredible experience as well. We basically trained for seven hours with a one hour lunch break while listening to Kodo drumming. It was an exhausting day but a great learning lesson as well. To see instructors from a wide variety of styles including Ki Society, ASU, Tomiki Aikido and Jujitsu all in the same day was very interesting. There were students and instructors from all over the United States and the worlds as well. Everyone had very different approaches to training and different approaches to teaching. Most of the morning was hard training while the afternoon was softer training but still difficult nonetheless. I hadn't seen Ikeda Sensei in at least ten years and I was so amazed at how his Aikido has changed... or at least amazed at my perception of his Aikido. Everything he did was about energy, leading and redirection. Not that he never talked about that before or showed it, it was just very different

than what I remember. Sabom Miller and Sabom Speaks really had the best seat in the house on that one because every time Ikeda Sensei would show the technique and then have everyone practice, he'd go over to them and work with them one-on-one. I have an idea about that but that's for another day.

There are more seminars to come this summer and we are in for some more great opportunities to experience some great history and see how it's all tied together. Mary Heiny Sensei is coming out this weekend (4/24-26), Kashiwaya Sensei is coming back out in June and Koichi Tohei's son will be coming out this summer as well. Like I said earlier, there has been an incredible amount of seminar activity this year and there is still so much more to come so save up the pennies, don't go out to lunch a couple days per week to save that extra money so you can attend these seminars because they don't happen very often and they may never happen again.

Intellectual Exercise

*By Sabom Mike Parenteau,
Senior Instructor*

Tangsoology is a construct by which we practice Tangsoodo. Tangsoology encompasses mental, intellectual, physical and spiritual development. I would imagine if you asked the question, "How do you train in Tangsoodo?" most would elude to physically demonstrating the Art. But, the question you have to ask is, "What constitutes training?"

Instructors' Thoughts

If you read the Introduction to Tangsoology Primer, which is now posted on the school website, you'll see that there is more to Tangsoology than just physically performing. Intellectual exercise is also a prime requisite to becoming a good Tangsoology practitioner. Here are some things to reflect on:

- 1) Forms practice. Since forms are the base of our Art, how can I apply the motions in the forms I am learning? I would argue you never fully know a form and that you are always learning and re-learning it.
- 2) One steps. How can I improve my one steps? How can I be more creative? How can I learn to achieve "economy of motion"?
- 3) Kicking. How can I learn to kick with my body? It may seem easy...but it's not!
- 4) Striking or blocking. How can I learn to strike or block with my body? See #3 above...
- 5) Stances. How can I move from one technique to the next in front stance without my foot "popping" off the ground?

These are just a few things...there are many more to THINK about. One thing I have told those who I have had the privilege to share Tangsoology with, is to write down those concepts which you have learned. This forces you to think about the form or technique or combination in your mind and is yet another example of intellectual exercise.

So, next time you are in the dojang, THINK about your Art and don't get preoccupied with the physical aspects. Besides, there are the mental and spiritual ones hopefully in the back of your mind, which both need exercise as well.

A Year In Review

*By Sabom/Sensei Vernon Medeiros,
Chief Instructor*

This has been an interesting year for our school. A year ago events began to take form, surrounding my mind with wearisome questions. As the events unfolded, change was on the horizon. A huge storm from the east blew through the school and after the dust settled those of us who were left had to repair the damage.

It has taken several months to study numerous websites that showcase their organizations, federations, alliances, schools, academies, the list seems endless. I had difficulty comparing all the organizations which list their organizations under the greater Martial Arts umbrella. Presently schools like ours (even though we are small) are considered to be part of the greater commercial martial arts and physical fitness industry/trade.

I suppose I cannot discount these types of labels or associations however. A year ago, I reminded everyone that our school's main concern is about teaching and perpetuating two Asian martial arts and NOT about satisfying commercial criteria or profit.

My hope for the coming year is that we,

Instructors' Thoughts

as a school, will become more successful. I ask that our senior Yudansha will set higher goals for themselves and become exemplary examples for junior students to emulate. This is the premise by which our association has come into existence. We will become successful, not by adopting clever marketing schemes to turn greater profits, but rather by improving our study of the Art we practice. By discarding old

habits both within the dojang/dojo and from our daily lives, we become better role models.

Our school is very fortunate to have four high quality instructors to impart their many years of experience to those who are humble enough to glean the lessons.