



Upcoming
Events

Seidokan Aikido Communicator

On behalf of our Seidokan family I'd like to extend (*or let flow*) thanks for hosting a very rewarding Summer Camp to Sal and Aurora Hernandez! I should also like to recognize and thank all the folks that aided or assisted them in this big undertaking. It was nice to see a special e-mail sent out by Sal and Aurora that expressed their thanks and identified each of the people and the role they played in helping to pull this endeavor off.

O Sensei said that we should practice with a smile and there were many smiles evident over our weekend together. Sometimes those smiles were tired smiles, our time together was scheduled to take advantage of most of our waking hours as the Camp format this year dropped from the 4 days we've done in recent years back to 3. This was done in an effort to save money and ensure folks could afford to come, as costs in California have skyrocketed for events such as ours.

As we were closing Camp an informal hand raising suggested that people would be willing to pay a bit extra and extend camp; from 3 days back to 4. This would allow both more teaching slots and more free time for old friends to mingle and enjoy one another's company. (If you have thoughts about the 3 vs. 4 day schedule; please drop us a note at our new Seidokan e-mail address: Seidokan1981@gmail.com We've opened this "Aikido only" mailbox to separate Seidokan issues and business from Michiyo's personal e-mail and hope it will help with response time and make sure things don't "fall through the cracks". Please make sure to address any and all dojo/Aikido/Seidokan related e-mail to this new address; we'll look forward to hearing from you.

Kobayashi Sensei stressed that Seidokan members all have something to share; that we can all learn from one another and I believe this sharing and learning was richly seen on the mats and off.

And so, once again, to Sal, Aurora and everyone that helped make Camp a rich learning experience: thank you.

Dr. Mark Crapo
Seidokan Aikido Shihan-Bucho

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Summer Camp 2010



READY FOR
SUMMER
CAMP
NEXT
YEAR?

MORE
DETAILS TO
COME!

Please accept a heartfelt Thank You! From me, to each and every one of you. From a virtual beginner from a distant village and far too little experience. Your collective enthusiasm and help and commitment and spirit have transformed me. From an observer of Aikido; a part-timer, a dabbler, to a seeker.

Thank you all for your patience, your encouragement, your friendship. The skills, the techniques, the exercises, are all meaningless without caring teachers to share them in an inviting and personal way. Each of you is responsible for welcoming and attracting the next generation of students to Seidokan and your example will ensure success.

The camp for me was a revelation! It stretched me to limits previously untested. I am so proud to have participated. My understanding and insight and appreciation have grown immeasurably. I feel I will become a much better and more committed and diligent student now. Thank you!

I must confess that I always found the dedication of Mariko and Daniel a mystery. It made no sense to me why they attended every class, read the books, studied the videos, or spent long nights translating Japanese to English.

I think I understand now. It is not a desire for mere skills, a black belt, or achievement, or attainment. It is a seeking of truth, of beauty, of harmony, of joy, of peace. Among and with friends! So, out of the summer camp, because of you and your welcoming arms, I join the Seidokan Family as a student. Thank you and thank you and thank you.

To my Sensei here in Lillooet, Mariko, my classmates here, and to all of you there. Thank you.

At.sxentsilhkan kelh muta7 (Until next we see each other),
Takem nsneknukwa7 (All my relations),

Norm Leech



SUMMER
CAMP
PHOTOS



Reflections by Larry Wadahara

This is the 40th anniversary of AIA. Wow, it is hard to believe. It is even harder for me to believe where I stand today. I am very proud of our style of Aikido and the instructors who are in it. I know that we each have parts of Kobayashi Sensei in us all, even those who have not met or trained with him. It makes me proud when I hear people praise instructors and students who have never learned under Kobayashi Sensei. I really feel that we finally have a great organization and look forward to the future of Seidokan Aikido. Along the way there are people that I would like to recognize for their past or continued support of this organization. I would like to thank Mrs. Minoru Kobayashi and Michiyo Kobayashi for their unending support and willingness to develop new organizational structures for the organization. I really think that the one we have now will be the one that will carry us from this time forward. Congratulations on Michiyo's recent promotion. I think out of everyone in our organization she deserves it the most.

I would like to thank Stewart Chan Sensei for his past support of Seidokan Aikido. Thank you to Mark Crapo Sensei. I really appreciate his leadership and devotion to Seidokan Aikido and the Kobayashi family. Thank you to Joe Crotty Sensei for being the keeper of Kobayashi Sensei's techniques. He is also the one who has kept me sane throughout many insane moments. His teaching and honesty have made me a better teacher. Thank you to Janean Crapo Sensei her insights and intuition is very extraordinary. I know she has ESP. Thank you to Andreas Hessing Sensei and Daniel Collins Sensei for keeping my techniques honest. Thanks to Sal Hernandez Sensei and Aurora Hernandez Sensei for a wonderful camp. Loyola Marymount University was a wonderful setting. The seminar was one of the smoothest running camps I have seen.

There are so many others to name that I would probably miss some, so instead I would just like to say thank you to all the members of the Seidokan Aikido organization, past and present. Without any of you, our organization would not be where it is today. I am looking forward to the next 40 years.

Sincerely -Larry Wadahara

CELEBRATING 40 YEARS OF AIA



Mrs. Kobayashi



Special thanks to Doug Leonard, AIA, for all of his planning and organization that went into the special celebration held Saturday night.



Our Camp Experience

My experience this summer at Loyola Mount University was a new one. I had never been to a camp that focused on the martial art of Aikido, so I had no idea what to expect. Since my dojo (Victory Dojo) was hosting camp, it seemed like a good idea to go. We were going to be staying in dorm rooms and I shared a dorm with my friend, Alex, who I've been training with for three years.

At first glance, the schedule looked intimidating, but it turned out that the challenge was fun for me. The classes I took were difficult because they often had me attempting stuff I had never learned. Luckily, we also worked on techniques I had practiced before. My favorite class was when we learned Tachi-Tori from Larry Wadahara sensei. I had not worked on techniques that focused on protecting yourself from an armed attacker very often.

In addition to the classes, I met a lot of interesting people from all over the world. There was a kind Canadian family (Mariko and Saqa7) that I befriended early in the camp weekend. There was even a man (Oren Shamir) who had traveled all the way from Jerusalem, Israel. These people were serious about their Aikido. Maybe next year I can travel somewhere far away.

My first Aikido camp went very well and I could never ask for a better time. Thank you, Sal and Aurora Hernandez sensei's for hosting this year's amazing Aikido camp.

Tyler Cadena, 14 years old, Victory Dojo

Camp was so much fun! I got to practice with people from different places and I learned how to write the first character of Aikido in Japanese Kanji. Although my mom loved the flower that I potted during craft time, My favorite part of camp was playing at the beach with my friends and body surfing. I'm looking forward to camp next summer!"

Jordan Carlisle, 10 years old

Pre and Post-Camp Thoughts – 2010

By Janean Crapo

I just got back from California where Sal and Aurora hosted a wonderful camp. Thank you Sal and Aurora and all who helped. I know it is not an easy job but you did it successfully and gracefully.

On the flight home from camp I was reading a book in which the author explains the difference between an instructor and a teacher. An instructor demonstrates and explains how to do something. A teacher explains not only how but why you do something and assists the student to think and learn for him/herself. This creates a better chance to understand the essence of the art and puts a student on a path of learning instead of replication.

It is serendipitous I read this now because I was thinking about this very concept the morning before leaving for camp. I was lucky to have Kobayashi Sensei's direct influence from my Aikido start. I took my first seminar with Kobayashi Sensei after practicing for only 2 months. I was fortunate to attend camps and seminars with him 2-3 times a year. I was not a gifted student but Kobayashi Sensei took his time with me and carefully explained the hows and whys of what

THE DIFFERENCE BETWEEN AN INSTRUCTOR AND A TEACHER

we do as well as how to modify it for specific problems. He never gave up on me and his teachings directed my insights into the art. During the time he walked this path with me, I was not advanced enough to do much Ki Development of my own. But, just like the saying "when the student is ready the teacher will appear", my teacher did appear. Mrs. Kobayashi has guided my growth and serves as my teacher and mentor for Ki development. Every year I ask her what I need to work on and every year she gives me a focus for learning and growth. For this, I am appreciative and indebted.

While ability to apply techniques and knowledge of them is easy for others to identify; understanding and application resulting from Ki development is far more subtle and not always easily seen. So seems this same difference in my teachers' influences on Seidokan students. Many do not recognize that Mrs. K was a supportive and influential force in the building of Seidokan and its techniques as she assisted Sensei behind the scenes. I find it especially apropos that she now teaches the lessons that (unfortunately) often go unrecognized because of the subtleness. These teachings are simple but profound and have the ability to greatly increase the depth of understanding in a willing student's practice. They span (but are independent of) rank and years of experience on the mat. In fact, many times a white belt with a true beginner's mind can surpass the seasoned, high ranked practitioner as they accept these lessons in earnest and work to truly understand them and make them a part of their life and practice.

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Kobayashi Sensei and (Mrs.) Kobayashi Sensei were/are not “instructors”. They were/are both superb “teachers”. They have also developed some extraordinary teachers through The Aikido Institute of America and the Seidokan organization. I attended some wonderful classes at camp and came away with three wishes. 1: that everyone (regardless of rank or years of practice) can recognize the truly remarkable lessons our current teacher, Mrs. K has to offer. Though the results if followed are subtle, they are profound. 2: I wish that we all will strive to be great teachers whether on the mat, with a class, or as role models in daily life. My 3rd wish is a selfish private wish but one I hope all will consider as daily representatives of Seidokan Aikido; I wish I could know if Sensei would smile at the path I have taken.

To all who attended: Domo Arigato Gozai Mashita. For those who were unable to attend, please consider saving time and money to attend next year’s camp where we will celebrate Seidokan Aikido’s 30th Anniversary.



Scholarships for this years camp

To all whom this letter comes, greetings and thank you for giving me the opportunity to write about my experiences during the camp. I was very nervous yet excited. I was nervous because I didn't know that many people at the camp but everyone was very helpful and friendly. I had a great time at the Venice beach, the street bands were cool.

The classes that I attended were really impressive and interesting to learn about. I truly enjoyed learning the enkei dance taught by Mr. Chaim Noy. This is for Mr. Chaim Noy אני מקווה לראות אותך . במחנת האיכידו הבאה. The class was calm and relaxing to me and that's what I needed. I also liked the weapon training (Aiki-Jogi #1, 2, and 3 also Jo-Ken Awase) instructed by Miss. Michiyo Kobayashi, Mr. Andreas Hessing, and Mr. Joe Crotty. Even though I didn't memorize all the steps and movements, I had a great time learning where the techniques come from and how the techniques were formed. I discovered many aspects of the training and showed me the vast world of Aikido and martial arts. The daily training was very demanding but I could see the value of repetition. It was also unique to train with some many partners. But it was really special to meet other people who share the passion for Aikido.

**SCHOLARSHIPS
MADE IT
POSSIBLE FOR
SOME TO
ATTEND CAMP
THIS YEAR.**

THANK YOU!

Thank you Mrs. Kobayashi for making it possible for me to attend this year's Aikido camp. And I also would like to thank Miss. Janet for the travel arrangements, it was a long flight and it was good to have somebody to talk to. I am deeply thankful to everyone at the camp, you all have been such a great teachers; you have helped me learn so much, also thanks to Mr. Sal and Mrs. Aurora for hosting the best Aikido camp ever.

Sincerely, **Rebeca Z. Tani**



I thoroughly enjoyed my second summer camp. Working with such a variety of friendly aikidoka was a fantastic experience, and I learned a lot from everyone. After summer camp, I continued on to Kyoto, Japan, and visited Budo Center for an aikido class. It's great to see that aikido is aikido all over the world.

Many thanks to everyone who made it possible for me to go! **Pearl Flath**

The Enkei Dance with Chaim Noy

By Russ Robinson (Victory Dojo)

O sensei once said of Aikido: *“Practice the Art of Peace in a Joyful and Vibrant Manner.”* I was reminded of this saying immediately when I met Chaim Noy Sensei from Israel. Of course, I didn’t know he was chief instructor at Mt. Scopus Dojo (Jerusalem) at the time, but something in the way he spoke, and moved, and embraced Aikido made me think of that...made me grateful that I was there, sharing the mat with all of those wonderful people.

Summer camp is always such a wonderful experience – for me not so much because of the fantastic instruction (there is always fantastic instruction) but because it is nice to share a few days with so many people that love Aikido as much as I do. But I digress.

Chaim Noy Sensei taught a class on enkei, as many of you know, but as it is with classes taught by very good instructors, there were many layers. We started with a simple blending exercise in which we learned that there is an inherent relationship between uke and nage – that when they are connected, and moving as one, that a small movement in uke may result in a large movement in nage, and vice versa. Noy sensei explained this by pointing out that uke and nage compose two parts of a whole, that where uke provides yang, nage must respond with yin, and so on. In this opening exercise, the connection was implied. Uke’s job was to stay connected, where this is normally the responsibility of nage – and of course this got me to thinking that sometimes we work too hard to create a connection. John Ferri taught a class at summer camp last year in which he passed on something he had read. He read that we don’t need to connect to uke to blend; we just need to remember that we are already connected. Chaim Noy sensei’s class was a great illustration of this. By making the connection something UKE worked at instead of NAGE, the pressure of blending was gone.

Chaim Noy Sensei built his class from there. Next, we practiced enkei – not as an art, but as method of blending. He encouraged us to use enkei to move uke out of his range of effectiveness, and to then get creative. He said that Aikido was artistic and enjoyable, and that we should treat uke’s attack as a gift – another way of saying, as O Sensei did, that we should practice the Art of Peace in a joyful and vibrant manner. We hear this often in aikido, that the ki we receive in an attack is a gift and should be treated as such, but in this class, Chaim Noy sensei showed us that it truly is a gift, in both the figurative and literal sense.

Noy Sensei showed to us that there was inspiration in creativity, and explained to us the role of uke was to give a leading attack, and to thusly become a partner in the discovery of the technique. This got me to thinking that if nage can always think of uke in this way, there is an opportunity to remove the competitive nature of an attack and view it dispassionately. Nage could think, ‘into which technique is uke leading me?’ and this would allow the flow of the technique to occur without interruption.

If I do more exercises with uke playing a specific role, I might anticipate the technique less knowing that he will lead me into the appropriate art. I can envision my attacker as a partner and a teacher in this way, which will help me to be less adversarial and contentious. Indeed, the last part of sensei’s class was a wonderful illustration of this. Towards the end we did katatedori enkei nage and Chaim sensei explained that at least half the time (who are we kidding, 9 out of 10 times) in life we try to pull in the opposite direction of uke. But every so often, we wonder, ‘where is uke trying to lead me?’, and we give it a chance. The results can be wonderful. We can give in to get our way, and in the process exert control through the mastery of ourselves (masa katsu). This is the essence of this creativity, this discovery of harmony, this curiosity we must satisfy – what if I choose to blend and not try to move in the opposite direction? Chaim Noy sensei showed us that this artistic expression and the wonder of curiosity were one in the same.

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Chaim Noy sensei's class was a wonderful reminder of these things: the curiosity of artistic expression, the practicing of the art of peace in a joyful and vibrant manner, remembering that we are connected with uke, and not that we must create this connection, that we can give in to get our way, and in the process rediscover something amazing. These are the reasons I love aikido and the reasons I keep coming to class.

Joe Crotty Sensei once said - Learning Aikido is learning a new way to relate to the world. A boxer can learn a new way to relate with the world, but if he tries to employ what he's learned in his daily life, even verbally, he can ruin relationships. Verbal boxing leads to divorce. It is this harmony between the mat and our daily lives that makes Aikido rewarding in this way. It is a congruence of life and art and a choice about how we choose to live: Joyfully and Vibrantly.

[2010 Aikido Camp](#)

As I sit here looking out the window of the plane, we are experiencing a little turbulence. Ironically, it is not unlike the ups and downs I've experienced in my aiki training over the years. Reflecting back on the last 4 days and reading the statements that from the instructors in our camp handout; I ask myself why I come back to camp every year. Why do I put my body and sanity through this each year? I found that In each instructor's words I am able to relate in some way.

**WHY DO
I ATTEND
EVERY
YEAR?**

**"SHARE
THE LOVE
OF THE
ART..."**

Here are a few reasons I continue to train and attend camp: I always enjoy seeing friends, which unfortunately I only get to see during camp each year. And it's always good to make new friends. I try to take back at least one idea, one thought from camp, a new way of looking at something, or how I train. As Crotty Sensei stated "something to stoke the aikido fire". Camp always does that for me. Janean Crapo Sensei commented that she hoped we would come away with a renewed sense of excitement about our training. This is one of the main reasons I return each year!

Wedell Sensei asked the question, "Is this a path with heart?" -for me most definitely. I started my martial training around 1985, first in taekwondo. In 1991 I walked into Seiwa Dojo in Battle Creek and quickly fell in love with aikido. Fortunately Kobayashi

Sensei gave a seminar that summer and I was amazed at how effortlessly he moved on the mat. Watching him toss people around and appearing to have fun doing so. I think I was hooked at that point.

As the years have passed, I have made many friends through my aikido training. And many are like family to me. I have had to give up some family time over the years to be on the mat. So when I am on the mat, I make sure that I make it count. I don't just go through the motions. So each year I attend camp to stoke the fire, see old friends and make new ones. To challenge myself physically and mentally, and to help remind myself why I practice this art. I enjoyed the circle at the opening and closing of camp this year. It was nice to see so many people who share my love of the art. I hope to see the circle continue to grow over the years. See everyone next year I hope.

In aiki spirit,

Darrell Ettleman

My First Camp Experience

By Annie O.

As I get off the plane in Los Angeles, I admit that I don't know what to expect, but I'm excited. I get to my room and put up my stuff just in time for dinner. I'm impressed by the food in the dining hall. After we eat, there's a short break to change and get ready for the first round of classes. Putting on my gi, I discover I've made something of a classic mistake – my belt is still 1500 miles away. My gi ties together, so it's not that much of a problem, but I still feel like a neophyte. The back court of the gym is covered in blue mats. After the opening and first of many Aiki Taiso for the weekend, we have two classes, focusing on very small, precise movements of the one-point, and gradually moving on to more complex grabs. After the classes I'm not yet tired, and the temperature outside is delightful. I train my balance on a bike rail in the courtyard, kept company by the beautiful and ethereal sound of the hang.

The next morning, I have the advantage of having flown west. I'm up at five, feeling like I've slept in. We gather for six a.m. misogi. I see people taping up Japanese syllables to the wall behind shomen. Those with seniority take the bells, and we all sit in seiza. Crotty Sensei leads the chanting. TO-HO-KA-MI-E-MI-TA-ME rings out with the clashing of the bells over and over again, creating cacophony of sound. It strikes me as the most violence I've ever encountered in Aikido.

The rest of the day is split into two classes at each time. It's a hard choice. Right before lunch, I join Sensei Chaim Noy's class entitled the Enkei Dance. For an hour we practice small and large circular movements, smiling and joyful. Then we move to almost-not-quite-touching dances, leading our partners where we want them to go - convincing them, with light steps, that it's where they want to go, too. After lunch, we break out the weapons. Crapo and Crotty Senseis lead our group through a condensed lesson of all three Aiki-Kengi. I thoroughly enjoy them, especially the third, with its new, interesting, fluid movements.

The next morning we rise early again, but instead of misogi, we do a deep breathing exercise. Then a lesson on posture, breathing, and energy, focusing on very small movements and making your uke part of you. This brings together a lot of what we've learned the whole weekend, and I hear several people say "Oooh!" in a tone of enlightenment during the practice.

To finish, there is a relaxing Aiki Ryoho class. Then we all pitch in to help clean the room and fold the mats. There's time for lunch, a goodbye meal, back to the dorm to pack up, and then a carpool trip to the airport. On the plane I close my eyes and visualize performing Aiki Kengi 3.

The trip was a great success, and I owe thanks to so many people. I learned many things, off and on the mat, and I'm eager to apply them to practice.



Spring Seminar with Dan Kawakami Sensei

Seidokan Aikido of South Carolina was very pleased to have Dan Kawakami Sensei present a Spring workshop March 19-21 2010. In 2009 Sensei had experienced an unfortunate health problem related to a bone infection in his leg. This persistent problem required many surgeries, many weeks in the hospital, and lots of rehabilitation. Indeed, our seminar was the first formal set of teaching lessons he had attempted since his problems began.

As always, Kawakami Sensei's presence on the mat provided a wonderful example of Dochu no Sei, calmness in action. No matter the speed of the attack or the energy being directed at him, Sensei responded in a fashion that reflected being well grounded and connected to everything around him. Once again we were shown that to be irresistible one simply has to be non-resisting, as Sensei moved easily around and through ukes who were trying to hold him in place. I particularly enjoyed several of the jo nage movements that he showed, moving the jo effortlessly around from his center whilst uke was flung to and fro. We all enjoyed a wonderful weekend of aikido and fellowship. Unfortunately, Kawakami Sensei had to miss Summer Camp due to a recurrence of his leg injury. We wish him a speedy recovery. **Doug Wedell**

Notes on the Seminar: Right-Brain, Left-Brain, Train

Kawakami Sensei's "left brain/right brain" insights will stay with me. The weekend's practice emphasized the intuitive side of aikido, the fluid and spontaneous "right brain" applications. Sensei reminded us how we should emphasize this on the mat, rather than trying to race to an intellectual (left brain) grasp of the techniques. On Friday and Saturday, this was the flavor of practice I deliberately tried to maintain; but on Sunday, during the session after my test, it was the only option remaining for my tired body and brain!

As I try to think of examples, the one that first comes to mind is a certain response to ryotemochi, which I would like to try again next time I step onto the mat. For once, I will save it for "right-brained" practice, before I reveal my lack of understanding with an attempt at "left brained" verbal description! A list of left/right brain distinctions included that the right brain responds more effectively to physical demonstration than verbal instructions - and that right-brain intuitive approaches emphasize connection over distinctions. During the seminar, Sensei demonstrated the importance and effectiveness of connection in all his aikido techniques.

Now, with the seminar concluded, memories and a bit of seminar DVD review can help the left brain to begin to catch up. As Kawakami Sensei explained, both approaches have their place in aikido. It was a real privilege for us to receive both the direct experience and the observations he brought us! **Joe Long**

Shoshin Ni Kaeru

I always look forward to attending Kawakami Sensei's seminars. Shoshin ni kaeru, return to the basics, is the overwhelming concept I take from his teachings. He has a talent for quickly guiding one through posture, spacing, centeredness, controlled relaxation, extending ki and mushin. I finished his training sessions feeling renewed and polished. **John Lowry**



Aikido in Your Daily Life

How are you applying the principles and using them in your daily life?

Share with us your stories, your “ah-hah” moments, and practical ways you see Aikido practiced in your daily life. This may be at work, home or play...Please email me at tkloack@gmail.com and share with us.

You may inspire others to look at the art in a new way.



Seidokan Aikido Video Tapes

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Seidokan Aikido Video Tapes

Basic techniques in accordance with Aikido principles

In this video series, the late [Seidokan Kancho, Rod Kobayashi](#), shares his experience of over 35 years in the **Way of Harmony With Nature**. Each waza, or art, is not only clearly demonstrated before an actual class, but he offers an explanation as to why each movement was made.

Basic Arts

Part 1 Detailed explanations of Aiki-taiso and Basic examination arts

Part 2 Basic examination arts and Aiki-kengi and Aiki-jogi

Dan Arts

Part 1 Advanced arts required for shodan and above.

Part 2 Continuation of Aikido arts for all yudansha.

Tapes were produced and directed by [Dr Mark R. Crapo](#) and Vince Soo. Copyright and all rights reserved by: Aikido Institute of America, Seidokan Aikido World Headquarters.

To order, send check or money order to Aikido Institute of America. Also please print, fill out the [order form](#), and include it with your payment.

Note: Many other supplies are available from Seidokan Aikido Headquarters, such as patches, booklets, embroidered belts, etc. For more information email seidokan1981@gmail.com or phone/fax (562) 861-0043.

Please join us in celebrating these recent promotions



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Clyde Morgan

Aikido Institute of Michigan, Seiwa Dojo

5/20/10



Calendar Events

Please email me all of your upcoming events so it can be added to the Aiki Calendar.

Aikido Institute of America 40th Anniversary Practice held at the Aikido Institute of America; Sunday, **September 19, 2010**; 10:00 a.m. - 12:00 noon. For more information please email: mario@fbharchitects.com.

Aikido Institute of America 40th Anniversary Party at the home of David Dickinson; Sunday, **September 25, 2010**; 10:00 a.m. - 12:00 noon. For more information please email: mario@fbharchitects.com.

Annual Jogi Workshop hosted by the Aikido Institute of America; **October 15 - 17, 2010**. For more information please email: Aikitiger1@aol.com