



Upcoming
Events:
Summer Camp
May 25-28

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Seidokan Aikido Communicator

2012 Update for all Members of Seidokan

2011 brought many changes to Seidokan Aikido; most notably, the conscious separation of AIA, the headquarters dojo, and Seidokan, the organization. In reality this difference has always existed, but hadn't been something we typically were conscious of. Sadly, we've also seen the departure of two prominent instructors: Sensei Joe Crotty and Sensei Larry Wadahara. It is a great loss to see them leave. We appreciate all that they have done for the AIA dojo, Seidokan Aikido, as well as being the guiding teachers for many. We wish them well in their Aikido studies and thank them for their many years of dedicated support and service.

As announced at the end of last year, Michiyo will be taking a couple years leave of absence to concentrate on her career. The absence of Kanshu and two Shido Bucho necessitates a restructuring of the Seidokan organizational hierarchy. To this end, we will move back to a more traditional arrangement.

With my desire to move toward retirement, I (Minoru Kobayashi) have asked Dr. Mark Crapo Sensei to take the role of Kancho (the Leader) of Seidokan. His duties will include:

1. Communication with all of the dojo Chief Instructors
2. Dojo Membership
3. Individual Membership
4. Monitoring/handling paperwork of Dan promotions received from dojo chief instructors (for exams given at dojo)
5. Dan promotions of dojo chief instructors and recommendations received by others to promote such chief instructor
6. Handling of any special cases that may come in.
7. Seidokan Communicator
8. Receiving notification (having the knowledge of) regarding dojo's hosting major workshop/seminars with a guest instructor
9. Oversee Seidokan Camp plans

I will retain the role as Mentor to support the legacy left by Kobayashi Sensei. I will continue to make the Japanese certificates for black belt promotions as well as provide support to those who are in need. As Ki Development has always been an important part of Seidokan, I would like this aspect to continue. I will continue to work with Janean Crapo to further this branch of Seidokan study and endorse her to teach the concepts I will be working on with her.

Michiyo will stay informed and will continue to attend Seidokan camps and seminars as her schedule allows. Janean Crapo Sensei will handle administrative/secretarial duties.

It is my hope and desire to see Seidokan continue and preserve the legacy Kobayashi Sensei left us. I would like to express my gratitude to all of the students who have supported Seidokan in the past and I continue to be thankful and appreciative of all who continue to support through our transition.

Sincerely,
Minoru Kobayashi



Twenty years ago Kobayashi Sensei started talking about the importance of having a Seidokan Instructor Certification program. He spoke about this not only to me but a couple of our Senior Instructors at AIA and, of course, to his wife, our present Mentor; Mrs. Minoru Kobayashi. Sensei was seeing some of our Yudansha starting to teach classes but not keep up with their own training. This was particularly noticeable at the time as techniques were evolving at a fairly rapid rate – and some were being left behind. Sadly Sensei left us much, much too soon. A few years after his passing, several of us met with Mrs. Kobayashi about implementing the Certification program. While she felt it was a valuable program and something she knew Sensei wanted to start, she didn't feel the time was right. This was discussed a number of times over the next couple years but was put off. It turns out that the main reason was money; Mrs. Kobayashi didn't want anyone to think this program was a way to bring money into Seidokan. Other organizations that have similar programs often charge in excess of \$100, some far in excess of that. Fees such as this were one of the things that made Sensei leave the organization of his

teacher.

So our Seidokan fees are \$5 for the first level and \$20 for all the others and this fee is for 2 years.

We rolled this program out several years ago and while it's been embraced by some dojo, it hasn't been pushed or publicized and so there are some that don't really know about it or at least, not much about it. We'll be devoting a couple of classes at Camp this year to this and trying to get any and all there Certified before they leave.

This is particularly important because Mrs. Kobayashi has decided that starting next year you must be a Seidokan Certified Instructor:

To promote students to any level

To teach at future Camps

As a special Camp bonus anyone getting certified there will do so at no charge.

Looking forward to a great Camp, our first in Florida!

In Oneness,

DrMark



SEIDOKAN AIKIDO SPRING CAMP 2012

PANAMA CITY BEACH , FL Camp Registration and Information

This year's annual camp will be held in **Panama City Beach, FL at Blue Horizon Lodge and Retreat**, 20 min from Panama City Beach Airport (ECP).

Dates

May 25th -28th 2012.

People who arrive early will be responsible for their own accommodations prior to event. Check in will start on Friday, May 25th check out will be Monday the 28th .

Transportation

Arrangements can be made for camp goers from Panama City Airport to Blue Horizon Lodge. Arrival times and dates need to be emailed to jayjewelm@gmail.com in advance of event.

**Still time
to register
For
Summer Camp
2012**

Camp Facilities

Blue Horizon is a lodge that consists of beach cottages with bunks and private baths per cottage. There is a pool and outdoor grill, volleyball court, laundry room and private beach access. You must provide you own linens and towels. Meals will be provided. Dinner Friday, 3 meals Saturday, 3 meals Sunday, and breakfast Monday.

Camp Fees

Masakatsu Agatsu Rate: \$230 March 2nd-
April 15th

Satsugen Ken Rate : \$260 April 16th -
May 11th

Please make Check or Money Order pay-
able to :
Spring Camp 2012

Mail registration to:
Spring Camp 2012
P.O. Box 19612
Panama City Beach ,FL 32417



Aikido in my life

By Melissa (Crapo) Vliem

(reprinted– originally written many years ago)

Aikido has always been a part of my life. For as long as I can remember, there has always been a dojo to attend and classes to go to. I have been practicing off and on for about fifteen years now, and have been told I was even a participant as a little baby asleep in my father's arms. However, up until a year ago when I moved in with my father and stepmother, I had been taking this art form for granted.

In the past year I have been able to participate in classes more frequently, went to my first summer camp, and attended the Gogo No Shugyo seminar in Michigan. After being involved in all of these experiences, I have been able to understand Aikido better, and have seen things in ways in which I have never seen them before. I find myself practicing Aikido everyday outside of the mat. I have discovered that I have always done this, just never been conscious of it. I see this in everything from simply dropping my shoulders and relaxing while I'm driving (or doing anything), to realizing that I am doing funakogi undo while folding shirts at work.

One of my most eye-opening incidents occurred right after the seminar while talking with some people I worked with. I was telling them about the seminar, trying to convey to them the feeling and the atmosphere of the event. All the while they kept asking me what rank I was, what rank other people attending were, how hard I could throw someone (if I could), if I had learned any neat ways to beat people up, etc. I began to get frustrated that this was all they wanted to know because that wasn't what the seminar was about at all, when I realized what the true meaning of Aikido was for me. It's not rank and techniques.

These are merely the surface, the appearance of the art. To me, the heart and soul of Aikido is the experience. It's the atmosphere, the aura that is present on the mat. It's getting together with a group of close friends; no, an extended family. It's having fun and getting to know everyone a little better. If you can do this, you can bring something away from class, or camp, or a seminar, that you couldn't otherwise. To me, this is the most important aspect of Aikido in my life.

Continued on next page

At this time, I would like to thank everyone for the experiences; my dad, Dr. Mark Crapo, and step mom, Janean, everyone from the Aikido Institute of Michigan Seiwa Dojo and Southside Dojo, everyone from every other dojo who attended camp last year and the Gogo No Shugyo seminar in Michigan this past Spring, and of course, thank you to Mrs. Kobayashi and Michiyo. I know that even if someday I become successful in my profession and move far away and no longer have time to practice Aikido, it will still be a part of my life forever, thanks for all the memorable experiences.



Melissa now as a successful mother, wife and designer.

The 24th International Seminar of Budo Culture in Japan

By Chris Koprowski

In March I had the pleasure of attending the 24th International Seminar of Budo Culture, hosted at IBU (International Budo University) in Katsuura, Chiba, just a couple hours outside of Tokyo by train. This annual, government sponsored seminar offers foreign martial art practitioners living in Japan direct instruction by the countries' foremost experts in the technique and theory, history and culture of budo. It is also designed to deepen the understanding of historical philosophic and scientific aspects of budo to increase mutual friendship and internationalize traditional culture.

Attendees gathered from all over Japan-nearly 100 foreign residents-for three nights and four days of training, lectures, hearty meals, and fun! We got to practice our own respective martial art and were also invited to experience a new budo such as kendo, karate, judo, sumo, naginata (japanese halberd fighting), kyudo (japanese archery), and shorinji kempo, all taught by top Japanese instructors. This year I tried judo and karate and also practiced my own art, aikido, with instructors from the Aikikai World Headquarters.

In addition to training, we attended several lengthy lectures and discussions. As martial art classes (mostly judo) will be compulsory in Japan's junior high schools from April, this year's theme was the "Power of Budo In Education" and talks focused on how martial art training could contribute to the personal development of students. Instructors and professors gave their personal insights and views which were then translated into English by interpreters. All lectures were followed by short Q&A sessions.

At meals and during breaks, I had the chance to mingle with many other foreign residents. Some were avid regulars at the budo seminar and others were newcomers: a young woman from France attending university and practicing aikido; a job-hunting PhD graduate from Syria doing kyudo; an American English teacher living in Okayama and practicing Hawaiiin kempo, and many others! It was a fun and unforgettable chance to share and discuss our own arts and life in Japan. I left feeling sore and exhausted but invigorated at the same time! I look forward to attending next year's seminar!



*Photos from
the
24th
International
Seminar
Of Budo
Culture*



What Happens In Utah..... Comes Home With Me To Share :)

By Janean Crapo

I just got back from the beautiful State of Utah. Dale Petersen Sensei and his group invited me out there to share some of my practice with them. Susan graciously invited me to stay with her for the weekend. (Thank you Susan!) We had a Friday evening Practical Self Defense class, an all day Saturday Ki Development Through Aikitaiso class and Sunday morning Aiki Ryoho and Q&A follow up.

The classes were small but I think we all shared and were able to bring something away with us. Dale Sensei is probably the practitioner I most closely associate my Aikido journey with. Through the years, I got used to seeing him at seminars and camps. We were close enough in rank that I could feel comfortable with him (although, how could anyone NOT feel comfortable with Dale?!) and we were more in the same boat than students from California. (Living away from Headquarters and traveling there for camps and seminars. Admittedly, Dale has been around longer and gets out there more frequently than I do.) I was honored to be invited to visit and practice with them. Man.... I was treated like royalty while I was out there! Thank you Utah students and teachers!

Dale Sensei gave me an article to read on the way home. It was a post by Nev Sagiba dated March 26th, 2006 titled: Chess and checkers. The article is about finding optional ways when needed; about "noticing strategic possibilities." This is the idea I tried to convey during the classes over the weekend. I'm not trying to tell anyone how things have to be done. I'm trying to get people to look at things in a different way or deepen their understanding perhaps by pointing things out in various ways so they have more options for their practice. The article was VERY timely for me.



I also started reading a book on the way home on the plane: *The Invisible Gorilla: and Other Ways Our Intuitions Deceive Us* by Christopher Chabris and Daniel Simons. The book explains how our mind deceives us in terms of: attention, perception, memory, and reasoning. I highly recommend the book. Studies show that, while we think people would notice something that is VERY different than what they expect to see, it is actually the opposite that is true. People generally notice things they expect to see instead of what they don't expect to see. This really reinforces the need to approach practice like a beginner with a completely empty cup.... No pre-conceptions. The book, the article and the weekend as a whole all brought my purpose of sharing into light and reinforces the joy I get in pointing out options for students.



SEIDOKAN AIKIDO workshop with Janean Crapo Sensei at Petersen Family Dojo, Sandy Utah.

Over the years in my Aikido studies I have been to a lot of workshops, the visiting sensei was always a man. I have thought that female aikidoka need to see a strong (with Ki) female teaching Aikido. As Janean mentioned in her article our Aikido paths have come together over the years. I've seen the things she taught and how she presented them and thought I would like to have her come do a workshop at our dojo. So at the summer camp Susan Jones and I asked Janean Sensei to come to Utah. She did. :)

Friday night Janean Sensei taught a women's self-defense class. To me it was realistic in that the techniques would work and not have to be practiced constantly. I thought the things she showed were very much Aikido based. Saturday Janean Sensei taught Aiki Taiso by Movement Focus. She pointed out a lot of little things we could do to make it work better. Janean Sensei is very subtle in the way she takes a person's center, that's very important for us mature (AHEM!) aikidoka to learn. Sunday morning we had a class in Aiki Ryoho and then questions and answers to finish up.

All In All a good time was had by All.!

Dale Petersen

Janean Crapo Sensei Workshop in Utah By Susan Jones

The members of Petersen Family Dojo hosted a workshop instructed by Janean Crapo Sensei on October 28 – 30, 2011. The workshop was also attended by members of the Ahsa Aikido Dojo.

In the Friday night session, which was open to the general public as well as Aikidoka, Janean Sensei taught us how to use the things everyone does all the time to defend ourselves if attacked. I, personally, have never left an Aikido class with as many bruises as I received from the “Stop!” exercises we practiced during this session.

On Saturday Janean Sensei broke down every aiki taiso to show how uke reacts to nage’s movements while executing the aiki taiso. This analysis was then applied to techniques that use the aiki taiso. The insight into the mechanics of the aiki taiso will help us correct our own technique in the future.

Since Hotel Jones provided the accommodations for Janean Sensei during her visit, I received some additional benefits. Not only did I get to know her a lot better, I also had the opportunity to draw on her experience and knowledge as I strive to make the children’s class I teach the best possible experience for my students.

Domo arigato gozai mashita Janean Sensei.
I look forward to your next visit.

Comments from Participants in the Practical Self Defense Class Held October 28, 2011 in Sandy, Utah



I loved the way Janean taught the entire class. She showed techniques extremely well, and put it in a way everyone could understand. She made everything simple, with great information and stories that made it even more enjoyable. I loved the experience.
Gauge Trevethick

I really enjoyed the way Janean taught the self defense class. She really put a lot of common sense practical moves in such a simple way, it could be used on a daily basis. Her descriptions and methods were easy to understand and follow along. I especially love the techniques about your purse.
Sajné

Meditations

By Jim Brazell, Seiwa Dojo

Reverend Jim Brazell, Sankyū has been studying in Seidokan since 1993 in Seiwa Dojo, Battle Creek. Since 2002, he has been on “detached status” while serving congregations out of state. These words arise from pondering the current ways Seidokan blends within itself and the surrounding world. He may be reached at jebrazelljr@yahoo.com.

[Meditation on Seidokan from the Gospel of John](#)

Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life.

John 12:24-25 New Revised Standard Version

When I preach on this text, I sometimes refer to it as “the scariest passage in all Scripture.” In my heart, I am afraid of loss. What will happen to those for whom I care and to me during the in-between of letting go one way and taking hold of another?

I learn in Seidokan Aikido to trust – the reality of the mat, and the partner’s approach, and myself. Because I trust, I do not hold on to one form alone and one technique alone. I can die to a certain level of knowledge, because I am alive to another that is deeper, if only by one drop.

I learn Seidokan’s principles, and from them learn to blend with whoever comes my way, and whatever they may bring. The death of a particular form, a singular understanding, gives way to the greater life that deeper trust in the principles and their practice brings.

This may be simple, but it is not easy. Spending the rest of my life in the way of Seidokan, I will learn less than a handful of its treasure. Death, Life, Change, Trust – I enter into these elements of the greater reality. The presence of the Dojo and the Association are in my heart, I am not alone. All life is training.

Domo arigato gozaimashita.

Rev. Jim Brazell, M.Div.

Hi Everybody,

A Seidokan Aikido group Facebook page has been created. It is an open group and should be easy enough to connect to by searching for Seidokan Aikido. Hopefully we'll get some traffic and some new students and interested viewers for Seidokan! You are welcome to create events on the group to let us know about what your dojo is or will be doing. Also please share anything of interest and connect with new or long lost friends.

Please share it with anyone you think might like to join.

Enjoy!



Have a nook or Kindle? Now you can look for these Aikido eBooks!

**Now
Available!**

- Building a Foundation for Ki Development
- Ki Development Through Awareness
- Ki Development Through Aikitaiso—Seminar Guide and Handout
- Approaches to Teaching Aikido - Seminar Guide and Handout
- Earnest, Realistic and Sincere Test Preparation: A Step by Step Guide for Your Next Aikido Exam

Written by: Janean Crapo,
Seidokan Aikido Shido-Bucho
— Ki Development

Ki Development Series—eBook format

Now available for Nook (Barnes and Noble) and Kindle (Amazon) e readers.

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Calendar Events

Please email me all of your upcoming events so it can be added to the Aiki Calendar. (tkloack@gmail.com)

Summer Camp May 25-28

Seidokan Aikido of South Carolina
Presents a Seminar With Dan Kawakami Sensei
April 20-22, 2012