



Summer 2012

Seidokan Communicator

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On behalf of the whole Seidokan family I would like to extend a big thank you to everyone that attended our annual Spring Seidokan Camp and helped make it a success. If you haven't heard, camp went very well. The feedback I've gotten was all very positive in regards to the facilities, food and instruction as well as the beautiful ocean view. John Marino, our host, only "fell down" in regards to the temperature; it was a bit on the warm side! (Only outside, the air condition was working overtime to keep things more reasonable in our rooms and in the dojo areas.)

As always, one of the worst things about camp is having to decide which class you're going to take. All of our instructors presented thoughtful and well taught classes. Here's a list of our Sensei, in order of appearance:

- Mark Crapo
- Michelle Newsom
- Jim Randall
- Doug Wedell
- Janean Crapo

- Bruce Fox
- Michiyo Kobayashi
- Richard Harnack
- Earl Rogers
- Mario Fonda-Bonardi
- Chris Koprowski
- Clyde Morgan
- Barbara Rodriguez
- Dale Petersen

We should also thank those that lead our Aiki-taiso, again in order of appearance:

- Clyde Morgan
- James Crinklaw
- Susan Jones
- Joh Avink
- Alex Rabinovich
- Tony Ricketts
- Kenneth Cox

Finally, a very special thank you to our hosts; John Marino and his wife, Erica. Hosting a camp is a great deal of work and it's usually work that is spread out among a dozen or more dojo members. John carried this off in amazing fashion despite being so short-handed. Great job!

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Camp Next Year

First; John has volunteered to host a future camp and has suggested we consider a winter camp, which he could do for a reduced rate. For anyone fairly new to our Seidokan family; for several years we had both a summer camp and a fall camp. My assumption would be, that given our current economic situation there may not be a big interest in two camps a year. However, I could be wrong so please let me know one way or the other so we can gauge interest.

A couple ideas were talked about regarding our next spring camp. Once again Chris Koprowski asked if there was interest in holding it in Japan.

Mrs. Kobayashi suggested that we consider a couple of practice sessions on a Saturday and Sunday and then a tour Monday – Friday. She also suggested we consider stopping at the Aikikai for a practice session and to renew some ties. Well, not really "ties" but renew the recognition that Kobayashi Sensei had with the former Doshu. She would like to formally re-introduce Seidokan to O Sensei's grandson, the present Doshu.

When Japan was brought up there seemed to be a lot of interest but also a strong concern about costs. It was suggested that Chris (and his dojo) explore options for 2014.

Camp next year (continued)

We may want to consider the Japan event and also hosting a camp in the US for those that can't make the trip. Again, please share your thoughts about this.

At the moment we do not have a commitment from any dojo to host camp in the spring of 2013. We do have one dojo considering the idea and they are going to be exploring costs and facilities.

We would like to ask if any other group out there would be interested in the possibility of hosting; if so, please let us know. Wishing you all a great summer,



“Classes and people that exemplify Seidokan (sincere, realistic, and earnest)”

Camp 2012**Clyde Morgan , Student , Seiwa Dojo**

I have been fortunate to have attended many Aikido summer camps over the relatively short time that I have practiced Aikido. Because I have no other martial arts experience to draw from, I have been able to incorporate the basic principles of Aikido into my daily life. The things that always stick out at camps are the classes, and people that really exemplify Seidokan (sincere, realistic, earnest). We have many incredibly talented practitioners attending/teaching at camps, but the “off the mat” time is always the best. When practicing in any class setting, we (I) tend to base certain expectations on my perception of what the class will be, however, when we (I) allow myself to just practice; I find that I really am able to learn from anyone. And, isn't that what it really is all about? None of us knows everything, but I am certain that all are able to teach something. In the end, it was another Great camp, with many lessons still to be learned!



2012 Camp: A New Experience

Janean Crapo

I've been attending camps for as long as I've been practicing. This camp was different for me because of the focus on Instructor Certification. I watched Aiki Taiso and took notes that I would later use for assisting others for their certification. I was happy to have some students approach me for assistance during break times and was very pleasantly surprised and honored to even have some students come to my Aikitaisho session even though they didn't need it for their certification. I also used my responsibilities for Instructor Certification to my benefit when choosing whose class to attend. Generally, I am torn which class to choose between the wonderfully competent instructors our organization has. This time, since I was responsible for Aikitaisho, Ki Development and Practical Self Defense, I decided to choose the class that I knew most likely would involve some ideas of Ki Development (Clyde Morgan Sensei, Bruce Fox Sensei) Aikitaisho (Michelle Newsome Sensei) and Self Defense (Dale Petersen Sensei, Earl Rogers Sensei) It all made my experience attending an Aikido camp very different than times past and choosing how I did, left me feeling less guilty about choosing one class over another.



There were a couple classes I got to choose based on what I wanted to see/do. One such class was Mario Sensei's Kengi 2 class. I've always very much admired how Mario Sensei teaches and this class did not disappoint. He is so articulate and concise with his instruction. His explanation at the beginning about the differences between the 3 bokken kata was genius and I heard many of the students (even those that knew the kata) say this explanation made a huge leap in their understanding and made the entire kata easier for them to learn and understand. He then broke it down into counts of two. Also a way I've never seen it taught before. The Ken/Ken Awase was a great way to get the information into us in yet another way of learning and thinking. We had plenty of practice time along with practice together. I was amazed at how simple and easy to learn he made it. I know I learned way more than the kata during that class. I learned an entirely new way of thinking and teaching. For that, I am most grateful.

I was delighted to see Dale Petersen receive his promotion. Congrats again Dale! And, I was thrilled to see so many newer faces there along with old friends. John and Erica Marino pulled this off with fewer students for assistance than most! And... they were even still smiling and acting pretty calm!!! Very impressive!

Great group... great time.....great camp....

I Get Aound...

By Aiki Monkey, Monkyudan, Aikido Institute of Michigan – Seiwa Dojo

*I'm gettin' bugged driving up and down the same old strip
I gotta find a new place where the kids are hip
My buddies and me are getting real well known
Yeah, the bad guys know us and they leave us alone
I get around
Get around round round I get around
From town to town
Get around round round I get around
I'm a real cool head
Get around round round I get around
I'm makin' real good bread
Get around round round I get around
I get around
Round
Get around round round oooo
Wah wa ooo
Wah wa ooo
Wah wa ooo*

Wow.... I didn't think I would get to go to camp this year but Larry and Sue Deese let me stow away with them on their drive to Panama City Beach, Florida.



We had a grand time driving back roads in Sue's cute little MINI, Saphira.

What a beautiful place Panama City Beach is; Deep blue out over the water with bright turquoise up closer to the beach.

Beautiful! Thank you John and Erica for arranging a beautiful setting for camp!



I got to see old friends and make new friends (like at all camps) and.... Maybe most importantly, I got to see some ideas Kobayashi Sensei had talked about come to fruition more with the work on instructor certification at camp.



At first, I was very nervous. Like the other students in Michigan, I had worked for months and months preparing for my next level of certification. In our dojo, it is a big thing; A real source of pride to be acknowledged as an instructor in Seidokan and we cannot teach or cover classes without it. I was confused and saddened to hear that some people do not agree with the process or the concept and did not want to show what they do and get feedback. But, this monkey was honored to follow through with another level of certification and have it really mean something to me, my instructors and fellow students.



I know Clyde Sensei had prepared for a year and a half for his current level and I saw a wonderful very extensive booklet that Tony Ricketts from Kalamazoo made out of research he did into the history, philosophy and background for his certification. I used them as a role model even studying the weapons manual at camp. (I like to be a role model too!) I am hoping the hundredth monkey phenomenon takes hold and others become interested in carrying out this idea of Kobayashi Sensei's too as well as to show respect for the decision of our Seidokan Mentor, Mrs. Kobayashi.

Tammy and Clyde let me fly home with them. (They had a hot tub in the room for my sore little monkey muscles before we left!!) Now that I am home, I will be thinking about my Aikido friends, the lessons I learned, the idea of sharing Seidokan and I will add Panama City Beach, Florida to my list of camps I have attended. [I DO get around!](#)

Thank you all for a wonderful Aiki experience.

Aiki Monkey

See you at the next camp....



Certified Seidokan Instructors

Kancho

Mark Crapo	Aikido Institute of Michigan	2012
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Shihan

Janean Crapo	Aikido Institute of Michigan – Seiwa Dojo	1/3/12
Mario Fonda Bonardi	ikido Institute of America	5/26/12
Richard Harnack	Aikido Institute of Mid America	5/26/12
Stephen McAdam	University of Texas – Austin	5/26/12
Doug Wedell	Seidokan Aikido of South Carolina	5/26/12

Shihan-Dai

Bruce Fox	Point Reyes Station, California	5/26/12
Dan Hamilton	University of Texas – Austin	5/26/12
Michiyo Kobayashi	Aikido Institute of America	5/26/12
Chaim Noy	Mt. Scopus Dojo - Israel	6/1/12
Paul Bradley	Seidokan Aikido of South Carolina	6/8/12

Shidojin

Clyde Morgan	Aikido Institute of Michigan – Seiwa	1/3/12
Bronson Diffin	Aikido Institute of Michigan – Southside	4/5/12
Michelle Newsom	Aikido Institute of Mid America	5/26/12
Earl Rogers Jr.	Aikido Institute of Mid America	5/26/12
Dale Petersen	Petersen Family Dojo	5/27/12
Barbra Rodriguez	University of Texas – Austin	5/27/12
Alaxander Rabinovich	Seidokan of South Carolina	5/28/12
Shalomi Sagiv	Mt. Scopus Dojo - Israel	6/1/12
Yaakov Shimsi	Mt. Scopus Dojo - Israel	6/1/12
Yonatan Sagiv	Seidoakan Aikido Dojo - Israel	6/1/12
Phil Cornelius	Seidokan Aikido of South Carolina	6/8/12

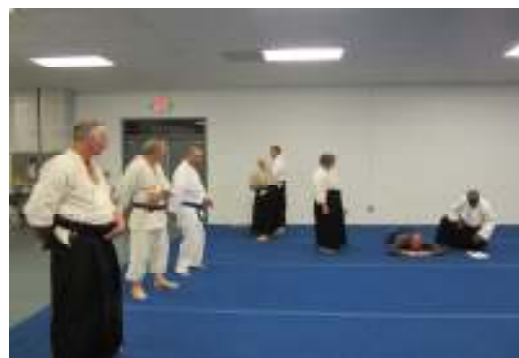
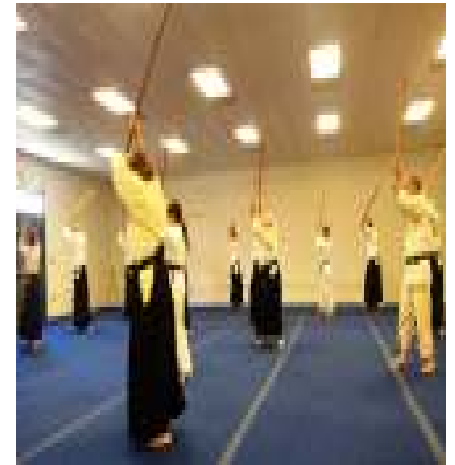
Fukushidojin

Anthony Dao	East Bay Aikido Institute	Due to renew	12/12
Jeff Lee	Aikido Institute of Michigan – Seiwa	Due to renew	12/12
Tammy Morgan	Aikido Institute of Michigan – Seiwa		1/1/12
John Avink	Aikido Institute of Michigan – Seiwa		1/12/12
Tony Ricketts	Aikido Institute of Michigan – Southside		5/25/12
Wade Hasty	Seidokan Aikido of South Carolina		5/28/12
Susan Jones	Petersen Family Dojo		5/28/12
Oren Shamir	Mt. Scopus Dojo - Israel		6/1/12
John Lowry	Seidokan Aikido of South Carolina		6/8/12

Sempai

Ed Baker	Aikido Institute of Michigan – Seiwa	1/12/12
Janet Adams	Aikido Institute of Michigan – Seiwa	5/27/12
Sean Childers	Aikido Institute of Mid America	5/27/12
Larry Deese	Aikido Institute of Michigan – Seiwa	5/27/12
David Wynne	Aikido Institute of Mid America	5/27/12
Bruce Foreman	Aikido Institute of Michigan – Seiwa	5/28/12
Zoe Toth	Seidokan Aikido of South Carolina	5/28/12

Camp
2012
Photos



Self Defense Seminar– Battle Creek Michigan

Before leaving for camp, Sensei Janean was contacted by a group of teens to teach them self defense during one of their weekly meetings. So on Monday June 4th, the students at Seiwa Dojo helped Sensei Janean as a group of 10-15 teens came to the dojo to gain a new understanding and awareness. The group (mostly girls) were able to catch on quickly, realizing that strength was not the determining factor but rather relaxing and being aware could get them out of many situations (controlled relaxation).

Below was some feedback that was sent by Carla Fernández-Soto, Outreach Coordinator of **Voces**.

Written by: Clarissa Corral, Maritza Corral

No one in the group had never heard of Aikido or knew what it was, but we were excited to learn about it. We had heard about Tae Kwon Do, karate, and other martial arts, but never of Aikido. We came in thinking that it would be similar to other martial arts and meditative practices that we were familiar with. So basically, we expected to be throwing punches and kicks. However, we were surprised to find that the techniques being taught to us were purely defensive in nature and were moves that we could practice in our everyday lives, which made it even more useful. We enjoyed how interactive and helpful all of the volunteers were. When we needed help, they took the time to help us learn the techniques.

We all feel super ready to defend ourselves. Some of our favorite moves included: Concentrating on a focal point when you walk, the importance of balance, how to get free if someone tries to choke you, and really all of them. It was a great experience because you never know when you could be in that sticky situation and have to be ready to defend yourself with effective skills when you least expect it. **Now we know how to get free and get safe!**



What is the most valuable advice you've received about testing?

Nidah Hussein:

The most valuable advice I've received about testing is to regularly review the definitions of the simple concepts Aikido teaches, so that before a test, you are able to explain better what you understand better.

As well as any of us can understand it all, lol.

Roman Lembersky

1) Keep calm, if you are testing, it means that the teachers already know you can pass the test. Therefore, you are already halfway through it.

2) Most techniques are similar, regardless of the attack. Just master the basics, and you'd do fine.

Chaim Noy

It isn't exactly an advice but something to do with how to manage a test: What I really liked about how my teacher, Ron Havelio would test - and this I learned from him and I do it when needed - is that if something goes really wrong during the test he would say humorously "we didn't see that". This was kind and generous of him, and it meant that if you mess up something badly (for instance have a blackout or do the wrong waza or something like that), it's not counted against you. You are pardoned on that. It's a great feeling to take a test (and actually also to prepare for one), when you know that if something doesn't work out, it doesn't mean that you're not o.k. or that you are not a good Aikidoka. This was inspiring for me.

Steve Spargur

From Andreas Hessing Sensei

Don't practice the day before the test. Just rest, relax and let all the training sink in.

If you don't know the material by then, cramming won't help and will only get in the way of what you do know.

From John Robertson Sensei

Treat the test like a class. You will get corrected on something, no matter how well you are doing, so you may as well relax, have fun and learn something

Brian Cooper

"just try to relax", John Robertson Sensei.

Jamal Williams

I can't recall the advice given to me specifically about testing. Sensei Earl gave some encouraging words as a group something about don't worry about taking the test. Most people do better than they think. We don't expect perfection. The same type of things that I generally tell people that I'm testing for rank. We already know where you are and that you wouldn't be testing if I or we didn't believe you were ready.

Lonnie Mather

Keep it simple. Use the same techniques that are required in the level you are testing for .

Jason Coskey

1. You test every class whether you are present or not.
2. You earn your rank after you are awarded it.

Zoe Toth

"Do you want the belt or the knowledge?" - Paul Bradley 4th Dan at our Dojo

Bruce Fox

Did a dan exam today at AIA. (headed north tomorrow) At the end, when it was time for randori, I stood beside the nage for moment before we started. I told him to breathe out on each encounter. He did well, not getting fagged out after 30 seconds as I had done in my first few encounters. I don't know who first gave me that advice, but it's the best thing I can tell someone before he/she steps out for a randori.

Brett Ferguson

from Sensei Harnack, Rogers, and Newsome----"You would not be put up for testing if we were not convinced you had already earned the rank, so relax and do the techniques.

Janet Adams

Take your time, keep it slow, and ALWAYS use/show Zanshin. Our Sensei's, Wes Cuatt and Sue Deese, in beginner class do an excellent job of reminding us of this and helping us practice it. They teach it in a ways that are fun, easy to learn, and practice it. Zanshin felt REALLY awkward at first, but I am getting more comfortable with it. It helps the technique look complete, contributes to keeping calm, and not rush during a test.

Jim Brazell

You are not listed as eligible to test until someone a lot more skilled believes you can pass the test. If your senior believes in you, then you can probably believe in yourself long enough to test. If not, test again. It's called life. Blend with it.

Janean Crapo

Don't think of it as a test; just go out and show them what I've shown you. ~ Dr. Mark Crapo

John Avink

The fact it would be a good idea to have someone watch you while you are preparing for a test. They would be able to see what you are doing wrong .

Oliver Hartner

I think the most valuable advice I received about testing was from Kevin Duggan who once told me that, "It's not a race. Don't rush the technique." Also, John Lowry once told me, "if you get hung up on something, reset and try again. Don't stop or get too frustrated."

Clyde Morgan

The best testing advice that I had ever received, was from you (Janean) when you had stated that " you're not really gonna impress Sensei", "just go out and show us what you've been taught".

Cliff Kamida

I don't remember who told me this, but I was told to watch other people's exams, because it provided a number of do's and don't to follow when it was your turn....

Bill Dinklage

Tips for rondori: breathe, turn, step forward rather than back

Dave Caruso

The harder you train-the easier the test!!!

Sal Hernandez

Focus on basic techniques for the waza (arts of self-defense) portion of the testing. Basic techniques reflect an understanding of the fundamentals.

Dana Wylie

Some advice I've heard about testing is to consider it and treat it as a private class or lesson. This has helped me to keep a positive attitude about the test and be less anxious. I've heard this from a number of my teachers.

Reed Burns

I thought back to my first test and remembered be a little nervous the week leading up to the exam. At that time John Marino was still in town and he told me that I didn't have to worry because Sensei won't test you unless he thinks you're ready. The test happens before the exam, the exam is to see if you can perform under pressure.

I always thought that was a healthy way to think about it.

The other thing that came to mind is what Sensei Earl Rogers would tell us after every exam, he would always say " You did better than you thought you did."

Jim Crinklaw

One of my teachers, Patrick Tarry Sensei, once told me that every day is a test. More and more, as I get older, I find that to be true. So for me it's not so much something to "get ready for", as just to BE ready for it.

And then the other thing I think is true, is that failure is necessary and crucial part of testing because the failing shows what needs to be corrected.

Bronson Diffin

Don't think of it so much as a "test" but more of an individual lesson. You get a chance to show your instructors what you know and have them offer corrections and suggestions with their total focus on helping you.

I honestly can't remember who gave me that advice. It may have been you, Tim Arch, Dave Headings or any number of people. All I know is that it helped me.



Next Editor

How would you like to be the next editor of the communicator for the 2013-2014 year? It has been fun getting the stories and feedback from all over the world, but I need to find someone to replace me for a time. I generally use publisher but you can always give it a new look! :) Please email me (Tammy Morgan) at tkloack@gmail.com

How to Punch and Practice Punching

Adam Preble

Shodan, UT Austin Aikido Club

When people ask about my martial arts background, I like to tell them this: When I was a kid I was picked on a whole bunch--a common story around here, I'm sure. Somewhere between the friend turning on me to beat me up in front of his lackeys and a kid a year older than me trying to mug me out of some money for a pet store run, my parents decided we needed to do something about it. Aikido was what I wanted, taekwondo was what I found, and public speaking was what I needed. Taekwondo, as distinguished from other striking arts, is traditionally very kick-obsessed. Fortunately, the local place put a lot of emphasis into the upper-body work too. A boxer would come in time-to-time and the instructor took the handwork very seriously. It was also a full-contact sparring kind of place, so we practiced delivering power. I did manage to get my black belt there, and it did a lot of keep the creeps away from me. I learned how to stand up confidently against these people, but unfortunately my only backup option was to smash their face in. So as an adult now I practice aikido, yet this background follows me.

It makes me want to cry when I see how some of us Aikido people punch. It's so contagious--now I do it too! It's perfectly fair to do a slow punch and totally overstep our balance when we're working on something new, or with somebody new, but we never got the real punch down. However, once we are experienced, I believe that kind of punch violates the earnest, sincere, and realistic virtues of Seidokan. We should know how these punches work so we train against them. However there is a loftier goal: in a fight we should be able to use our gentler touch out of some ethical desire, as opposed to out of an ignorant necessity. As I understand it, the Kobayashi quote to go with this is "Any time I can kill him. But because I can, I don't have to."

Our dojo at the University of Texas slows down in the summer, so my subject matter often veers to what I have called "Punch Lab." In the first year, I was just trying to figure out how to sharpen everybody's strikes without simultaneously being typecast into the role of the dojo's resident thug. In subsequent years, I've begun to relate that good uke's attacks--and not just their rolls--has some clear overlap to how a good nage blends. And also I try to reconcile these strikes with the person's ego so they don't act like they're suddenly a different person when they are uke. This is a work in progress, but here I can at least explain the technical side of properly punching.

The Left Brain Guide to Making Knuckle Sandwiches

Let's form a fist. Look at the palm of your dominant hand, with your fingers open and your thumb outstretched. If you know anything about palm reading--and you will after you look this up on the Internet--touch your Line of Head with your fingertips. That's the one that forms the top of a '7' in the wrinkles of your palm. Your thumb should rest on the higher part of the wrinkles where your index and ring fingers curl in. I would normally just say, "Curl in your fingers and tuck in your thumb, and I'll come around and see what it looks like," but that's going to be a little hard here. You can look up how to properly form a fist all over the place online, but it's much harder to figure out the right amount of tension to keep in your hand.

Find yourself a pen or a pencil. Insert it inside your four fingers. It should penetrate through with only the resistance of your skin. Pull it out and try to insert it between your curled fingers. It should be able to penetrate between them without only a little initial resistance. If you are having trouble here, it's probably because you are forming your fist too tight. A fist that is too tight impedes the muscles in your arms, which slows down and weakens the punch. It also pulls tight the skin around the digits and knuckles, which makes you likely to cut your skin trying to punch things. Not good! If you can jiggle the pen or pencil then the fist is too loose. The punch will be snappy and fast but will not transmit all the power it needs. Actually, you'll probably just wreck your fingers on contact.

The business end of the fist is your index finger and ring finger, in the flat part between the knuckle and the first digit. It's not the pointy parts. They might touch first but they're not doing all the work. You want your wrist straight. If your wrists are weak then just don't turn the punch out completely.

You can get 90% of the power with your wrist upright, like you might hold a mug. This isn't the normal punch they teach people, but you practice the punch that will work for you here. You can turn it normal when you're serving as uke.

Truth be told, most of the micromanagement up front is going to be in the fist. People are always finding new and innovative ways to mess up the fist. Aikido people, for the most part, form the fist impossibly tight. I've seen some impressive stuff. Something that likes to come up is people complaining that it hurts their thumb when they punch a pad. Upon closer inspection, they have managed to tighten up their fingers so much that they cannot completely tuck their thumb below their knuckles. Their thumb ends up hitting the target first! This is a big lesson to us Aikido people right there. Punches are not massive expressions of pure tension. We don't have a monopoly on relaxation. They say, "throwing a punch" for a reason. It's not "putting a fist."

Using Your Whole Body to Punch

I'll talk about the wholesome motion of the punch. Imagine you have, say, a jump-rope in both your hands, with the rope going behind you. Imagine that rope is threaded into a pulley behind your back. Now we have something of a ying-and-yang game happening. As one hand moves forward, like you expect in punching, the opposite hand must move that much back. If they are not in synchronization then you lose a lot of the power.

Your feet should fit firmly and flatly on the floor. We like to reach out far forward as a courtesy but this isn't how people really punch. It's nice in the beginner's class, but we should demand a more balanced uke as we become more proficient. The powerful punches take advantage of the elasticity of our bodies to give it that snap. Step first, then throw the punch. Don't turn your hip as you step; put that power in the bank and withdraw it when the step is done. After practice this does become a subtle thing, but you'll often see beginners in other arts told to do some strange, stylistic hip stuff. It is just to exaggerate the motion so they can see it and practice it.

Breath is the biggest secret in punching. In the striking arts, we are accustomed to yelling. A lot. Sometimes we yell on every strike. Why not? I loved to do the yells in taekwondo. I was otherwise a pretty shy kid. My parents told me how my first elementary school teachers thought something was wrong with me because I was so quiet--they were correct, but not because of that. The yell isn't quite the right way of expressing breath for these strikes, but it's sure easier to explain and practice. The truth is more mind bending and, of course, nearly impossible to explain.

There is such a thing as active breathing when we use our diaphragms to move our lungs. But there is also such a thing as passive breathing, where we submit our diaphragms to be moved by our environments. You have probably done this on a breakfall. A common way to first explain it is to completely exhale before hitting the mat, but somewhere along the way you probably realized if they just open up their airbox, the right amount of air will come out without getting stunned. There's a similar control with strikes. You should not forcefully exhale while turning your torso and moving your arms around. However, when your fist makes contact, close your airbox. Do not let air go through for that moment. Then let it all out again so that one can move freely again.

Hitting Stuff Without Going to Jail

Punching is more fun with targets. If you're serious about this for your dojo, you should get yourself a few square hand targets. I think the going rate is about \$15 for one. You don't want to get too many, because it's better to wear down a handful of them than to have a pile of new ones. Worn-in targets are much more satisfying to hit. It's okay to feel good hitting them, but if you are unsure, consult your parole officer first. To hold one, slide your arm through both big straps, and then curl your fingers through the little strap on the top. When seen from the striker's end, they should not see any little bits of your fingers. You don't want your fingers to get hit. As for holding the pad--here's an amazing thing--it's unbendable arm. Every other martial artist has to waste a year or more figuring out just how to hold the pads in the best way, but we get it for free! You don't want to ram the pad into the striker's hand. And never, ever, EVER, pull the pad way!!!! Exclamation points!!!

If you're teaching kids, you ram this into their little heads! Somebody will think it's a funny prank, but if you have people just learning how to strike, they may be overextending their elbows, but it never shows up while they are hitting the target. Then the prankster pulls it away, and joint overextends; and rippy, crunchy, ouchy things happen. They limp out of the dojo, and the rest of you feel like idiots.

Oh, I should mention that while holding the pad, you practice opening up your air box so that when they hit, you exhale out the surplus out your mouth. If you hold your breath, you end up putting a lot more strain on your body.

The easiest thing to do is to just alternate punching going up and down the longest side of your dojo. Switch pads at the end. Make sure the pad holder doesn't start moving until the strike hits, or else they're changing the target midway. This is how people accidentally pull the target away. Again--rippy, crunchy, ouchy things happen.

If you want to know if you're hitting effectively, you should consider rebreakable boards. They are plastic things that slide or clamp together, but can be broken apart after a certain amount of force hits them. These come in all kinds of shapes and sizes. I'd get at least one "black belt level" board, since I've found the lower level ones to be really weak. They are usually rated to maintain a certain amount of resistance over some number of breaks. I've seen 200 banded around. However, the first time can be real tough. I recommend clamping it to some sawhorses and wailing on it with a rubber mallet. This also gives you a good impression of what it takes to break the board.

Despite all this punch talk, you do not punch boards, or at least not directly. For one thing, our prissy Aikido hands cannot handle the stress of casually hitting hard boards. The second thing is there are horror stories involving specifically punching boards. Open-hand strikes are fine, but punches are off-limits. Let me dim the lights here and shine a flashlight under my chin so I can tell you story. Once upon a time there were these two martial artists. One was holding a wooden board and the other punched it. The puncher broke into the board quite nicely. In fact, the puncher's knuckles popped nice knuckle-shaped holes into the board, and their fist was firmly rammed into it. The holder started to scream in terror and let go, and the puncher held their fist--now bleeding, encased in a plank of wood--up to their face, and screamed. The End.

This is what you do instead. You take one of those hand targets, and two bungee cords, and attach the pad to the front of the rebreakable board with the bungees. Run the bungees through the straps in back of the target. This makes it a little more of a challenge to break the board, but everybody can pound on it to their heart's content.

The holder should almost lock their arms; this is a little more stiff than unbreakable arm. They must be a very stable platform against the strike. Fortunately, people usually learn this the first time the rebreakable board hits them in the face. Consider removing your glasses.

The holder also gets to experience what it's like to be in front of an attacker that is actually, honest-to-god, committed to breaking something. It is a different experience.

The breaker should make sure the board is being held well. They should always adjust it just a little, if just to test how the board is being held. If in doubt, push against the board. If really in doubt, start the strike and stop suddenly. If your holder is drifting, it'll be obvious. With boards, make sure to aim through the board. So many people try to break the surface of the board, when they are supposed to be hitting a point beyond that. Say, another hand's reach beyond the true target, which is the board itself disregarding any pad in front of it. A torso punch is not targeting the front of the body, but the front of the spine.

If normal breaks are getting boring, then it's time for a speed break. To hold a speed break, hold the board with just one hand. Where you would normally hold the board in front of yourself, now you hold it to your side. The breaker has to then strike with sufficient speed that they can efficiently deliver all the power before the board has enough time to flop away.

The funny thing about a speed break is that if you pull it off, the loose end of the board suddenly becomes alive and starts to follow this decision making process:

1. If there is a baby in the room, it will fly in a huge, slow-motion arc towards it.
2. If there is a mirror in the room, it will try its best to hit it quicker than you can comprehend what's going on.

That being said, I can only speculate what would happen if there was a baby holding a mirror in the room. Fortunately, if you wrap the board up with a square target and bungees, the loose end has a harder time traveling across the room.

This should give you some stuff to chew on this summer at your dojo. There's a place for the kind of punch we like to do, but now you have another. This can be your little backup, or the punch you use when they say, "I want full power." Just make sure they know what they're getting! There's a social contract between uke and nage, and one of the rules is they both go only as fast as the slower of the two can handle. You'll hopefully also find that a real punch poses different challenges, but it also has some things we can exploit. For example, all those throws involving going to the opposite arm than the punching arm don't make any sense unless the punch is done well. I hope with practice the punch won't seem like an alien thing you only do when you are in your shadow form as uke. Sure, it goes against our ethics to punch, but the underlying mechanics are things we practice all the time. We need to reconcile with it.

Promotions

Please join us in congratulating Sensei Dale Peterson, Utah
Promoted to Godan, October 30, 2011



NEW DOJO SPOTLIGHT

Welcome to Seidokan

Please join us in welcoming these three new dojo's that have started and are part of Seidokan Aikido!

Winston-Salem, North Carolina

The members of the Wake Forest University (WFU) Aikido Club in Winston-Salem, North Carolina, are very happy to have officially affiliated with Seidokan Aikido this past year. As the newest member of the Seidokan family, a little history is in order.

The WFU Aikido Club has trained at the university for the past three years and became an official student organization during the past year. The club's primary training space is an old repurposed squash court that while small, provides a safe environment with good floor and wall mats (and its free!). Over the past three years, the club has grown in leaps and bounds with substantial student participation and investment in the club. Our current president is Gavin Borg (4th Kyu), Vice President Trey Coury (3th Kyu), and Treasurer Mikal Drye (4th Kyu). In addition, we have about 12 students who regularly train and another dozen or so who come to classes intermittently. The head instructor of the club and member of the WFU faculty, Jarrod Whitaker, trained in Aikido in New Zealand for two years and then for five years at the University of Texas at Austin Aikido Club under Sensei-s Steve McAdam and Jim Phillips. Under their mentorship, he received his Shodan in 2004. After moving to North Carolina, he trained for a year with a nearby club and then decided to set up one under his guidance. After two years of renting space at a local gym, he moved onto the WFU campus. Edward Ebert (a Ph.D. in chemistry who works at a local university) has also trained with the club regularly for the past 5 years. With 1st Kyu from Aikido World Alliance (AWA), Ed's teaching role has been invaluable.

Like many clubs, we have our ups and downs. While our space is free, it is very small and limited. Students regularly graduate and leave, which is always a loss. Ed and Jarrod are also in the wilderness, so to speak, when it comes to improving their own Aikido in terms of Dan grades, but they constantly learn from teaching beginners and more advanced students (something about "teaching is the best way to learn"). On the flipside, we have received wonderful support from many people across the country. Members of the club have been lucky enough to train at Seidokan Aikido of South Carolina (about three hours away) with the ever wonderful Sensei Doug Wedell at Aikido Friendship seminars, and there have trained with two inspirational guest Sensei-s, Steve McAdam and Dan Kawakami. In addition, Kancho Mark Crapo and Sensei-s Janean Crapo and Michiyo Kobayashi have been tremendously supportive of the club and have encouraged its growth and affiliation. In particular, Mrs. Kobayashi very generously gave Jarrod Whitaker a handwritten calligraphy Aiki Taiso at the 2009 Summer Camp in Austin, TX: it is laminated and proudly displayed during every class.

While we are a young and isolated (the closest Aikido club is about 45 minutes away), the club strives to embody and teach a form of Aikido deeply mired in the teachings of Kancho Rod Kobayashi and in the best spirit of Seidokan Aikido. If you are in the area, we would love to host you for one night or many! (You can contact Jarrod Whitaker at whitakjl@wfu.edu.)

Point Reyes, CA

Bruce Cana Fox (Yondan) has moved from the southern California area to Point Reyes Station, north of San Francisco. In 2008 he had retired as chief instructor at the Antelope Valley Dojo that he founded in 1998. The retirement had come concurrent with being retired from the nearby airplane factory, so he wasn't going to be in the neighborhood often enough to fulfill the duties of a chief instructor. He maintained a presence at Antelope Valley and at AIA in Eagle Rock until the recent move to the bay area. For the last few months he has been teaching Aikido at the local community center, the Dance Palace. There had been an aikido presence there in past years that had tapered off because the last instructor had aged out of active teaching. The community was interested in a children's class in aikido so he has started one. All Seidokan members are welcome at the Dance Place in Point Reyes on Tuesday evenings at 6:00.

Seidokan Aikido Dojo in Modi'in, Israel

Opening a New Dojo – Some Preliminary Thoughts by Dr. Yonatan Sagiv

A couple of months ago I opened a Seidokan Aikido Dojo in Modi'in, Israel. Running my own Dojo is a new experience for me, and I have some thoughts and ideas I would like to share. I hope that some of you will find these useful. I decided to organize my thoughts using the four principles of unification of mind and body: **Keep One-Point, Controlled Relaxation, Settle Down, Let Your Ki Flow.**

Keep One-Point

I started practicing Seidokan Aikido in 1998 at the Mt. Scopus Dojo, in the Hebrew University. My first teacher was Sensei Ron Havelio, and later on Sensei Chaim Noy. A few years later, I began gradually instructing in the Dojo, and felt comfortable teaching Seidokan Aikido. However, watching Kobayashi Sensei's video tapes and Seidokan seminars made me feel that while Seidokan Aikido developed and improved over the years, it wasn't clear to me how this development came about. In the video tapes Kobayashi Sensei often refers to things that 'we used to do that, but ...', or 'some instructors do that, however ...'. So some time after my Shodan (2006), I felt it was time for me to practice traditional Aikido (Aikikai), in order to understand better what Kobayashi Sensei was referring to. So I did that for three years, and indeed I began to understand the 'revolution' and 'evolution' of Seidokan Aikido. In addition, I was exposed to other teachers, ways of teaching, and some new techniques.

During the year 2009/2010, I had a very significant experience, while doing my post-doc. at Yale University, in New Haven, CT. I practiced Aikido there in a Dojo called 'The American Institute of Martial Arts'. This Dojo was founded by Sensei Bob Liedke, and today the chief instructor is Sensei Jim Bonosconi. They practice an Aiki-Jitsu style. For me it was an opportunity to have an even deeper understanding in the history of Aikido, since I practiced some 'old-style' techniques that I was familiar with only from O Sensei's movies and clips. Sensei Jim Bonosconi was very patient and supportive, and always encouraged me to explore, compare and even teach his students from time to time.

After returning back to Israel, I felt it was time for me to go back 'home', to keep my one point – to Seidokan Aikido style. After a while I felt much more confident that it was time for me to open my own Dojo.



Settle Down

I'm not a business man, and opening a Dojo is something that requires many resources: a place to practice, equipment, fees, advertisement, etc. I knew I couldn't do it all on my own. I connected the biggest and most professional Japanese Martial Arts club in my city, where they already taught Karate and Jujitsu. The manager, Gidon Schwabe, accepted my suggestion to open an Aikido Dojo in his club. In that aspect I joined a system that was working well already and that I didn't need to invent. But this was true in more than one way. This club has a healthy working environment. From our first meeting Gidon emphasized that there is no pressure on me to succeed fast, and he and his club will give me all the help that I need.



Controlled Relaxation

After intensive efforts – I had a place to practice, advertisements, and equipment. I came in the first evening and ... nobody came. The next evening - still nobody came, not even a phone call. I decided to start class anyway – I organized the mat, and started practicing by myself. These lonely evenings made me think – was it worth it? After so much effort, do I really want to do this? Why it is so important to me? What will be next week? There was one sentence that Gidon told me and that I kept on reminding to myself: 'this is not Yonatan Sagiv starting a new class, this is Seidokan Aikido opening a new Dojo'. That feeling that I'm part of something much bigger helped me in these hours. After two weeks one person came, and

then another one, and another one, and we gradually had to add more and more mats.



Let Your Ki Flow

Almost none of my students had any experience in Martial Arts. So, in a way I really had to start from the beginning. I decided that from day 1 I want them to leave the Dojo smiling and a little bit sweating. In other words, that even though the first couple of months were extremely basic, learning the Aikitaiso, Ukemi, and some basic technics, almost from the first lesson we'll practiced movement, how to stay out of the line of attack and do enjoy the moving body. Gradually, these movements became more and more efficient, accurate and led to technics some of them considered basic and some even from the Dan arts. But the principle stayed the same – Let your Ki Flow.



Keep One-Point: Once again

This past year reminds me how important it is to keep one-point, to be focused on my responsibility to myself and to my students. One of the things I've learned this year is how important it is to be clear and simple while explaining technics. At the same time, I've also become more modest about my ability to teach these technics. Now I believe that it's a lot about helping the students 'understand the situation' (as Kobayashi Sensei repeated in his video tapes) and from that understanding to find their own ever-changing proper solution.

Continued ...

A couple of weeks ago we hosted a Seidokan Aikido seminar with all the Seidokan Dojo's in Israel. I would like to thank everyone again for their participation and support in this event, and through all this year.

**Whats****New?****PAYPAL****FACEBOOK****WEBSITE****PAYPAL****PAYPAL for memberships**

You can now make payments directly to Seidokan Aikido through PayPal (you can also send payments via regular check or money order). I will paste an link below explaining how to make payments if you are new to PayPal.

The email address associated with the account is: sei-

dokankobayashi@gmail.com

Please remember, we (Mark and Janean) will not receive notification when a payment is made so, if you do send in a payment, please send us the information and forms along with the paypal verification so we can process everything as needed. When you get your bank statement that includes

the payment, it will be listed as PayPal*Seidokan.

Please feel free to email me with any further questions.

Thank you,
Janean

http://www.ehow.com/how_2076721_send-money-via-paypal.html

FACEBOOK Seidokan Aikido group Facebook page has been created. Friend us!

WEBSITE-

Seidokan member website. This site is NOT intended to replace the official Seidokan website: <http://www.seidokan.org/>. The official site is still the "go to" sight for people looking for information about our style and for people searching for Aikido styles. The new site is set up to support our member-

ship with forms, supplemental materials, and, eventually a calendar or anything else people think is necessary or desirable to assist you in your dojo and studies.

I will update the current page and make some format changes and will include info for the registered dojo I already have information on from the dojo applications I've received. If

your dojo is not a registered dojo with Seidokan, I highly encourage you do become one but, it will not preclude your dojo from being listed if your dojo does not have registration however. The dojo that have taken the steps to become a formal dojo in Seidokan will either be bold type or will have a star or both. But, any dojo is welcome to send information to me to be added to the page.

Member website address: <https://sites.google.com/site/aikiseidokan/>

A PRIMER FOR

"OVERCOMING STRESS"

BY GOING BACK TO BASICS sm

Can you relate to this > "This is my life and it is not a dress rehearsal. I am its sole caretaker, fully responsible for manifesting its opportunities and potential, using my body as the personal vehicle for this adventure, my Mind and Spirit as its Navigation System."

"Only I can truly unfold my potential, no one else can do it for me. And, if I do not start now ... when!"

"Change it, before it changes you"

1. BREATHING CAN SAVE MORE THAN MY LIFE:

Through the breath each cell in my body is sustained. My brain is "nourished". My memory is enhanced and my body chemistry changes for the better. This affirmation, and the following exercises, can be applied anytime, anywhere. The breath literally affects our body's chemistry and emotions in positive and beneficial ways:

- a. "The 7-Breath Exercise": Take a long, slow, deep inhalation "down to the belly" followed by a long, slow exhalation - do this 7 times. The "visualization" is that the inhalation brings in a golden-light through the top of our head, which like liquid gold, moves down through our body nourishing each and every atom in every cell of our body with warm energy and vitality. With each exhalation, the residue of fatigue, stress, strain and "dis-ease" transports from our cells and is carried by the exhaled breath, leaves our body and is absorbed into the earth.
- b. "The Quick-Fix" Exercise: Take a long, deep inhalation, then let the chest "collapse" under its own weight with a sharp exhalation - do this 3 times. This helps to balance emotions such as upset, anger, fear, confusion or concern.

2. THE INSTANT "VACATION" BREAK: Skip the caffeine and take a balancing rest-break: 10 quiet minutes sitting at your desk, in a "bathroom stall",

walking outdoors or even down the hallway on a floor where you don't know other people, are several possibilities. This is YOUR OWN QUIET TIME.

a. You can start your "Quickie Vacation" with the "7-Breath" exercise, then allow the breathing to return to a normal cycle while maintaining awareness of each breath as it comes into and nourishes your body. Being "centered" in this way assists us in maintaining control of our self without being at the "beck and call" of distractions. If you become aware of having been distracted from "observing" your breath, recognize this and start again.

b. Building on the above technique, understand that during this time you may wish to acknowledge that you do not want to "think", only "to BE!" As thoughts arise, simply "witness" them without getting involved in the drama. This "stepping-away" for a few minutes is effective because the body-mind-spirit interactions support our becoming grounded" (centered) at which time we see, think and remember more clearly. Our intuition is also magnified.

An example of perhaps our more normal actions would be when we have a "knee-jerk" reaction to something happening outside or inside our self. We become "personally" involved – perhaps feeling threatened, fearful or confused. In turn, such emotions signal an immediate physical release of chemicals into our system. Through a domino effect these chemicals can produce detrimental physical and emotional reactions throughout our body, resulting in our being more out-of-balance. We might also begin to breathe deeply, causing higher oxygenation in the brain and a sense of dizziness – which adds to our "alarming" reaction.

Remember how often "after the fact" we appreciated that the momentary "apparent facts" to which we reacted were not as real as they appeared. When we are centered, we observe such activity in a more real way, thus avoiding the trauma through which we often put our mind, body and spirit.

What does it sound like, feel like, taste like, look like, and smell like? As you get familiar with your own personal Safe Space, you will find that it becomes easier to "re-visit" – and those peaceful (chemical) responses experienced when you are there will more easily reactivate. It will be like being there whenever you choose.

This is not "escaping" from life. It is a tool for coping with life's stresses and finding a private haven which will aid you in achieving serenity – the holiday (holy day) you deserve without losing time at work or charging a credit card.

3. "DRUGLESS SLEEP" IS STILL A POSSIBILITY: Preparing for sleep.

a. Eat your last meal as early as possible before sleep and avoid caffeine, "stimulating" television, bright lights and activities which will stimulate our senses. Drugs and alcohol can induce sleep, yet that sleep is often not satisfying. Herbal teas with chamomile help relax the body and bring on more peaceful sleep.

b. Be wary of night time television that "awakens the senses" - we are "chemical beings", and emotions such as fear or excitement cause the body to release adrenalin or other chemicals into our system. These chemicals can affect us for many hours. The television "images" that have created these emotions also stay within our subconscious and affect our sleep and dream states.

c. "Contemplation" or meditation before sleep: We often carry our day's stressing thoughts and activities to bed with us. One helpful exercise to practice is as each thought (fear, concern, etc.) arises, "witness" the thought and address it by saying: "At this time, I cannot do anything for you. I will not forget you and as soon as I can, I will take care of you." You can even "image" a beautiful chest with drawers. Open one drawer and while saying the essence of the aforementioned statement "place" the thought or problem into the drawer for the night. This can "quiet" the bothersome thought, and even assist you in recalling it when the time comes for you to deal with it. When you can, then you simply image the chest and open the drawer.

Remembering that the "witnessing self" is a source of personal freedom and creativity through which we can more skillfully "rise above" our emotional or fearful self. As a witness, we are more detached and conscious of all the instruments at play in the orchestration of our day, without creating those internal chemicals that magnify, yet cloud and distort the situation. This approach results in achieving a more peaceful and healing sleep.

d. Physical Relaxation exercise: While lying flat on your back, or sitting in a chair, progressively tighten, hold and then release (into a relaxed state) consecutive parts of the body. Start with the feet - tighten the feet, hold the tightness for a few moments, then release and relax. Move upward to the calves, then the thighs, the buttocks, stomach, shoulders/chest (pull the shoulders up towards the neck and forward), then the neck and back of head, and finally the face (scrunch up your face like a prune, hold, then release.) Now, just let your body lay there in this relaxed position as long as you can, all the while "feeling" and "recognizing" how your body can feel when you are relaxed. As you gain a sense of this feeling of relaxation, you are able to "re-member" it and through imaging and visualization your body will "take your cue", automatically relaxing and producing those chemical endorphins that "feel so good."

e. Try the 7-Breath Exercise for quick de-stressing.

f. Use "Imaging" techniques for creating "Sleepy Space."

4. AWAKENING: SETTING THE STAGE FOR THE DAY'S EXPERIENCES:

a. You can actually train yourself to awaken at a certain time. However, if you use a clock or radio to "make sure", it is better to do so with peaceful, harmonious music that will "tune" your system to awaken in the mood you want to carry through the day. To be shocked out of a deep sleep by a harsh alarm, or loud, disharmonious "music" can lead to such results as a discomforting adrenaline rush, headache, or nervousness. Actually that type of music at any time can be harsh to the system. Consciously and skillfully choose your "tuning fork". A different type of music might be appropriate for different activities.

b. Perhaps our dreams have taken us on adventures that are unhappy or frightening - hence those emotions trigger our body's chemicals, continuing to affect us long after we enter our day. Imagine greeting loved ones moments after awakening from a frightening dream state. To "clear" and "re-tune" yourself from these night time accumulations, try the following remembering to be a "Witness" and not get involved in the process.

1. You can easily train yourself to awaken with a particular thought or image that will also "tune you" to a better day. This is done by regularly thinking of a particular positive thought as you awaken. Soon you will find that the vision arises in your sleep before you awaken and you come out of dreamland already tuned and "humming."
2. The 7-Breath Exercise is an excellent way to begin each new day and "dissolve" any stresses from your night time dream state.
3. Try visiting your Safe Space for decompression.

5. WE ARE DELICATE INSTRUMENTS BEING "TUNED" BY EVERYTHING THAT REACHES ANY AND ALL OF OUR SENSES....We are each responsible for deciding whether our senses receive "medicinal" or "harmful" input.

Most times we do have a choice with the ability to both "tune" ourselves to a mood and feeling that will support us, and to avoid permitting others to tune us to "their discordant preferences." Different stimuli such as music and fragrances, affect each person differently.

Think of how many disputes and "underlying upsets" would not have arisen if, for example, people sharing their living or working space openly discussed their personal preferences and sensitivities "ahead of time" before being negatively impacted by others. For instance, if you said "You would not be responsible for my headache being caused by a perfume to which I am allergic - if I told you ahead of time" or "If I knew you were a "late worker", I would not be upset if you were not in the office in the early morning, when I am most creative, because I knew you stayed up late into the night." Conscious communication with ourselves and others around us is at the core of understanding and harmony. a.

Hearing: Music stirs the soul and passions of the

heart. It also sets our moods and quickly activates mood chemicals. Use this "medicine" upon awakening, driving to the office, working, loving etc. It is better to set our moods (and chemicals) with music that supports our preferences rather than subjecting ourselves to the "excitement" generated by talk radio. Surgical patients are now encouraged to bring their favorite calming music to hear during surgery. Some anesthesiologists actually read "encouraging statements", supplied by the patient, while the patient is undergoing surgery.

Create a tape compiling your favorite "mood-builders." One might be for quietude and peacefulness. Another might be for physical exercise (e.g., we know the "adrenaline-shot" the "Rocky" theme has inspired).

b. Sight: Colors are actually energy vibrations/frequencies which can profoundly affect our emotions and body chemistry. Become aware of those particular colors which are quieting to you personally, as well as those which are energizing. "Colorize" your environment so as to maintain the appropriate mood. Keep a swatch of "that" color nearby and when you need to "tune" yourself to a particular mood, look deep into it as another means of evoking a desired feeling. Be aware of how certain colors affect those close to you and use those colors to tune their moods. Pictures of a loved one can have the same effect.

c. Smell: This is the strongest of our senses for evoking memories and the associated emotions and chemicals. It is perhaps also the most subliminal or subconscious sense. Recognize the scents which have certain desired effects and put some on a handkerchief or other fabric "to be sniffed" when that particular mood memory is desired. Aromatherapy is the art and science of using specific "aromas" to create specific responses. Health food stores usually have a supply of various aroma therapies ("remedial scents"). Businesses spray their work environment with specific scents to "awaken" their staff or to make them more peaceful, etc. There is even a scent which has been proven to assist with "numeric input" that results in fewer human errors. London's Heathrow Airport would spray the calming scent of pine in its terminal to de-stress its travelers. Smell some crayons, baby powder or baby oil, and you might re-connect with positive feelings you experienced as a child.

d. Touch: This is a wonderfully satisfying sense, which also evokes memories and emotions. For some, the touch of velvet is very calming - why not carry a small swatch? Others keep a meaningful "touchstone" in their pocket to touch during a stressful time. They say we all need seven hugs a day, (even if we are wrapping our arms around ourselves and giving ourselves a good hug). "Healing Touch"™ is a proven system utilized by nurses and health care professionals to calm a patient. A parent's stroke on a child's cheek works even when the child is 60 years old! Many of us come from a culture that generally feared the intimacy of touch, however, now we seem to be evolving into a society that recognizes the importance of touching.

e. Taste. "You are what you eat" might actually be translated into "through the foods you ingest interact with chemicals in your body creating new chemical reactions.

Every food contains chemicals which affect us. Sugar and caffeine have an "exciting" affect upon our body (until the "crash"), while chamomile and other foods (warm milk, turkey) have a relaxing affect and help with sleep. Knowing that "turkey" meat contains a chemical that makes most of us tired would caution us against having a turkey lunch during a work day.

Using the sense of "taste" and what we eat to tune and care for our body and emotions takes the most knowledge and discipline. When we eat a "food", along with whatever valuable nutrients that might be present, we are also actually ingesting the "additives" that have either been intentionally placed into that particular plant (e.g., fertilizers, insecticides) or animal (injected steroids or through contaminated foods fed to that animal.) We can also experience allergic reactions that are not always so obvious.

All of this has a direct affect upon our body chemistry, organs and their functioning, as well as upon our emotions. Become aware of how certain foods affect your system and use that awareness towards taking greater control of your life. In doing so, you will probably wish to reprogram and redevelop your sense of taste into one that asks for "deliciously healthy" food rather than just "deliciously satisfying."

This most important process can be called "Awareness" or "Mindfulness" of our own self, and the environment in which we reside. This in turn leads to a "cognition" or understanding of how we are "tuning" (influencing) and "being tuned" (influenced by) everything with which we have contact. Our judgments, perceptions, perspectives and responses are all profoundly affected by this ongoing process and processing. While living this "Awareness"/ "Mindfulness" we regain control of our life, "responding" to events rather than "reacting." It is "being present" in our life.

My reality is that "Only I can do this for myself - and I am certainly worth the effort."

(and so too are you)

Freedom includes the "Art" of being able to "accept" what is received without attachment to "expectations" or "judgments."

Our truest freedom rests in exercising choices and being willing to change perspectives.

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GETTING MORE PERSONAL...

Since 1971, Jerome has served locally and internationally as legal counsel, Mediator, Arbitrator and Facilitator to individuals, teams and the business or governmental organizations through which they serve. A Member of the National Academy of Distinguished Neutrals and certified to the International Mediation Institute in the Hague, Jerome has held leadership roles in the national and international community of "conflict resolution" professionals; is a Neutral (Mediator and Arbitrator) certified to a variety of American Arbitration Association and other national ADR panels and associations.

As a Judge Pro Tem of the Superior Court, Maricopa County, Arizona Jerome presides over Judicial Settlement Conferences. An experienced businessman and business attorney he has developed four international businesses. Jerome has also served as a Life Strategist and Coach for medical professionals, attorneys, corporate and government executives.

Jerome Co-Chairs the international Advanced Commercial Mediation Institute and its annual international Advanced Commercial Mediation Institute conferences since its inception in 2005. The American Arbitration Association and Harvard Law School have been ACMI co-sponsors.

Twice invited to present Workshops at the United Nations, this article was formulated to serve the "over-stressed" U.N. and Government Mission personnel who attended his programs. Jerome has presented numerous other Mediation programs for professional Mediators and Arbitrators, educators and corporate groups. He has facilitated large group conferences (e.g. for corporate boards, medical and other groups, two annual facilitations involving 60+ physicians and administrators gathered to draft health care White Papers for the President's Medical Council and Congress.)

Jerome's Coaching and Defensive Living® Workshops incorporate life skills, legal pitfalls, and Aikido Principals for Motivation, Leadership and Life.

With his wife, Linda Ambrose, an experienced educator and coach, they conduct public and private workshops that assist participants to more fully recognize their truest potential, redefine their image of "success" and control their own balance and health. Phillips Electronics is an example of their corporate clients for such presentations and interactive workshops.

Jerome is also an Ordained Contemplative Interfaith Minister, has been awarded a third Degree Black Belt ("Sandán") in Aikido, is an internationally certified teacher of Kundalini Yoga, has studied and taught various forms of meditation for over 30 years.

As stated in a United Nations Press Release, (Jerome)
"brings techniques for peace and harmony to those endeavoring to bring peace and harmony to the planet."

"Life is purposeful and its purpose should be full of joy.

Let us together explore that opportunity."

Jerome Allan Landau

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Testimonials, biographical and other information is available at:

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