

### SIXTH ANNIVERSARY

It's hard to imagine that it was six years ago this weekend that we were constructing the dojo floor at our new location here at 9152 Louisiana Street! Until then, we had been laying down the folding blue gymnastics mats at places like parks departments, YMCA's, universities, and local gyms.

How many of you know what's under our green tatami? We started with the bare concrete floor, of course, then glued 2.5" foam blocks to the bottom of lots of 4'x8' OSB sheets (24 blocks per sheet) and set up a layer of the foam-supported boards from wall-to-wall. Crosswise to those, we set another layer of OSB, covered this with two layers of 1/2" foam, and finally, put down the old blue folding mats. Much more recently, we upgraded to the current sea-green 3'3"x6'6" tatami.

### UPCOMING EVENTS

*Sign up for these at the dojo*

★ = priority events for our dojo

- **AIF Aikido Workshop**  
Saturday, September 6 1:00-5:00 p.m. at Tenshinkan Dojo, 1016 W. Belmont Ave, Chicago, IL — Instruction by Steve Rehrauer Sensei, godan. Hosted by Aikido International Foundation.
- **Aikido Goudou Geiko (Joint Aikido Training Session)**  
Saturday, September 6 12:30-5:30 p.m. at Aikido Shimboku Dojo, 9115 Trinity Drive, Lake in the Hills, IL — Instruction by instructors from five different organizations. Hosted by Aikido Shimboku Dojo.
- **ANI Dojo Picnic / Hayride / Bonfire** ★  
Saturday, September 27 11:00-8:00 p.m. at Oak Ridge Prairie County Park, Griffith, IN Picnic/ Potluck 11-5, Hayride 5p sharp, Bonfire 6p
- **Kyokai Instructor Meeting / Training** ★  
Saturday, September 20, 6:30 p.m. at Soseikan Dojo, 11425 S. Harlem Avenue, Worth, IL 60482. Open to 3rd kyu and up.
- **Kyokai Adult Kyu Testing** ★  
Saturday, October 4 12:30 p.m. at Soseikan Dojo, 11425 S. Harlem Avenue, Worth, IL 60482. Hosted by our parent organization, Sosei Aikido Kyokai..
- **AAA Aikido Seminar**  
Weekend, November 13-16— instructed by K. Hatayama Shihan at Ryoshinkan Dojo - 37 E Northwest Hwy, Palatine, IL. Hosted by Aikido Association of America.

### COMING SOON:

- **Fall for Toyoda** (Aikido Seminar instructed by myself and other Aikido Kyokai instructors (Nov/Dec)
- **Tajiri Sensei Seminar** (at our dojo; May 2009)

Not too bouncy, but just right.

Those who have visited other dojo have reported that ours seems to be one of the nicest Aikido dojo floors!

Since then, it seems we are constantly doing upgrades and improvements, such as adding a women's changing room, the garage door screen, Sensei's room, and wall-to-wall carpeting in the observation area, painting the front door, setting up a Japanese Tea Room upstairs, and other projects large and small.

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### Web Links

- Our dojo (Aikido of Northern Indiana): [www.onshinkandojo.com](http://www.onshinkandojo.com)
- Our parent organization (Sosei Aikido Kyokai): [www.aikidokyokai.com](http://www.aikidokyokai.com) (lists web sites contact information, and schedules for all member dojo)

### Local places to visit / train:

- Tokushinkan Dojo (Dianne Costanzo Sensei): [www.onepointcenteraikido.com](http://www.onepointcenteraikido.com) (Kyokai)
- Soseikan Dojo (Bob Garza Sensei): [www.aikido-chicago.com](http://www.aikido-chicago.com) (Kyokai)
- Tenshinkan Dojo (Stephen Toyoda Sensei): [www.aaa-aikido-com](http://www.aaa-aikido-com) (AAA)
- Shinjinkai Dojo (Keith Moore Sensei): [www.shinkjinkai.org](http://www.shinkjinkai.org) (Birankai)
- Kikumatsu Dojo (Andy Sato Sensei): [www.kikumatsudojo.com](http://www.kikumatsudojo.com) (AWA)
- Aikido Shimboku Dojo (Lisa Tomoleoni Sensei): [www.aikidoshimbokudojo.com](http://www.aikidoshimbokudojo.com) (Aikido Shimboku Dojo)

# Dojo News

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## **MENNING SENSEI'S PLANS**

*Well, folks, good news! Due to some unexpected and still-unfolding events in my personal life and development, and with my career possibilities since I came back from California, it looks like I'll be staying in the area much longer than I originally thought. So you can relax—I'll be here for several more years at least, and there is no question about the dojo remaining open a year from now—it will be.*

## **RECENT EVENT REPORTS**

### **Lake County Fair Demonstration**

John McCormack had set up a demo for us at the Lake County Fair this year, and based on its success, we're going to try to do the demo again next year, as well as at Porter County.

Friday, August 8, We started with an hour of Aikido, run much like a regular youth/adult class due to the young ranks involved, and got many oohs and ahhs from the audience.

Next, the Iaido Study Group did a very professional, entertaining, and educational presentation which culminated with actual sword-cutting of soaked tatami mats.

We closed with the Tai Chi group performing the Long Form, a Sword Form, and Push Hands. Thank you to John for setting this up, and to the participants and family members who helped make it a success.

### **Women's Self Defense Workshop**

Friday, August 15, Menning Sensei led a women's self-defense workshop for some members of the community. The women enjoyed it greatly, and at

the end of class they were able to spontaneously demonstrate what they had learned.

## **DOJO PROGRAMS**

### **YOGA / STRETCHING / BREATHING / AWARENESS**

These classes are open to any dojo member for no additional fee. They meet from 5-6 pm on Mondays and Thursdays and are led by Menning Sensei.

### **JAPANESE LANGUAGE**

Sensei Noriko Kinoshita is returning to us to teach a six-week introductory session, and ongoing classes, in Japanese Language! This starts Thursday, September 4, and will be held upstairs in our Japanese Tea Room. It is open to adults and teens. Cost is \$60 for the six-week session, and \$40/month after that for ongoing.

### **TAI CHI**

These classes meet at the dojo from 8-9 on Tuesday nights, cost \$40/month, and are led by instructor Marc Troop.

### **IAIDO**

These classes meet at the dojo on Tuesday and Thursday nights. Tuesday is 6:30-8:00pm; Thursday is 8:30-10:00pm. The cost is \$50/month for non-members, or an additional \$15/month for our current members. There is some loaner equipment for initial practice; after that you'll need to obtain your own.

### **AIKIDO**

Our mainstay! Monday and Wednesday, one of our assistant instructors teaches the first class, and I teach the second class. Thursdays I teach both classes. After class on Monday and Wednesday (see next page), I will lead an open mat time and work with the advanced-level students.

### **“Dojo Lounge”**

Following Aikido class on Mondays and Wednesdays, Sensei hosts an informal “Dojo Lounge” for refreshment, social interaction, and philosophizing. BYOB and join us! We will also watch Aikido videos from time to time.

*"I want  
considerate people  
to listen to the  
voice of Aikido.  
It is not for  
correcting others;  
it is for correcting  
your own mind."*

*Morihei Ueshiba 1883-1969  
Founder of Aikido*



## RECENT EVENT REPORTS

### Iaido Seminar

by Sharon Halfman

What happened at this seminar, you ask...?

Noto, Kirioroshi, Nukitsuke, Chiburi, Furikaburi, Suburi, Seiza, Kamae, Waza techniques, Katachi and Batta Ho techniques as well and the toughest workout I have ever had!!!! Terminology is important but being able to do these techniques is the goal of all who attended this seminar. We have learned so many things in just a few days. Even though you may devote yourself to it with all your heart and soul, it is very difficult to master Iaido completely... at least that is what I am told. With every technique and practice we do we try to put our souls into it. It is possible, though, to move one step at a time toward the ultimate goal through practice.

As a result of the practice that we do, we had five students kyu test from Onshinkan Dojo while Noble Sensei was here. Those listed below not only tested but passed their kyu tests with great pride to our dojo and Iaido Study Group:

John McCormack	3rd Kyu
Frank Navarette	3rd Kyu
Sharon Halfman	5th Kyu
Tiara Calvo	7th Kyu
Celine McCormack	7th Kyu

"The basis of true training in swordsmanship is to forge the spirit."

--- Yamaoka Teshu

The techniques we do as an art form now were once done in a life or death manner. Iaido may not be a competitive art but those who practice it consider it one of the last true combat arts in the sense that there is no sport application of the techniques. When one executes the various waza, they do so with the full spirit of cutting down their enemy, and in the mind of the trainee, their solitary training against the imaginary opponent is a very real struggle where victory means life and defeat means death. We strive with every practice and seminar we attend to become one with the sword and perform the techniques with the spirit of our soul.

"Iaido requires extreme precision of its techniques and demands tremendous concentration during practice- both of which ask a great deal of self-discipline and sincere personal commitment on the part of the student in order to master. As a reward for these efforts, it can offer the individual a lifetime of physical, mental, and spiritual growth, as well as an enlightened and peaceful state of mind."

<http://jikishin-kai.com/iaido.htm>

## Aikido's Rewards

by Kaisa Crawford-Taylor

Aikido is a great way to pass time. It could be a good family hobby. Everyone is kind, especially the instructors.

Aikido enlightens you to be aware of your surroundings, on and off the mat. Aikido also helps you extend your ki (chi).

Aikido is a non-competitive sport. You don't have to

come to every class, and to fit your schedule even better, if you need to you don't have to stay for the whole class.

Personally I like that you can test when you're ready. There is a minimum time requirement, but if you do need extra practice you can have it!

## Aikido of Northern Indiana



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## From The Art of Peace...

Life is growth. If we stop growing, technically and spiritually, we are as good as dead. The Art of Peace is a celebration of the bonding of heaven, earth, and humankind. It is all that is true, good, and beautiful.

Visit us on the Web at  
[www.onshinkandojo.com](http://www.onshinkandojo.com)

# Dojo News

continued

## Aikido of Northern Indiana—Onshinkan Dojo

## Training Schedule

MON	TUE	WED	THU	SAT
5-6 p Yoga			5-6 p Yoga	9:30-10:00 a Aiki-Tots (w/ Aikido parent only)
	5:30-6:30 p Open Mat (BYOP)	5:30-6:30 p Aikido Youth / Family		10:15-11:15 a Aikido Youth / Family
6:30-7:20 p Aikido I	6:30-8:00 p Iaido Study Group	6:30-7:20 p Aikido I	6:30-7:20 p Aikido I	11:30a-12:00p Iaido Youth / Family
7:30-8:20 p Aikido II		7:30-8:20 p Aikido II	7:30-8:20 p Aikido II	"BYOP" = bring your own training partner
	8:00-9:00 p Tai Chi			
8:30-9:00 p Open Mat / Advanced		8:30-9:00 p Open Mat / Advanced	8:30-10:00 p Iaido Study Group	"Dojo Lounge" = BYOB, upstairs after class in the tea room (refreshment, social interaction, philosophy, Aikido videos)
9-10p "Dojo Lounge"		9-10p "Dojo Lounge"		

## AIKIDO TERMINOLOGY

### OMOTE, URA, IRIMI, TENKAN

When do we use which ones, and why? What do they mean?

Our lineage goes back to Fumio Toyoda Shihan, who was part of the Ki Society after he left Hombu Dojo with his instructor. Before he re-affiliated with Hombu Dojo nearly 15 years later, he almost exclusively used the terms "irimi" and "tenkan" to describe the variations of the techniques. These two terms both relate to nage's *movement* relative to uke. Irimi means "to

enter, to face death." Tenkan is turning, facing the other way.

Once Toyoda Sensei re-affiliated with Hombu Dojo in 1989, he began to incorporate some of their terminology and style as well. One of these was the addition of the terms "omote" and "ura" into the test requirements. These terms have to do with the nage's *position* relative to uke—omote is "in front of" and ura is "in back of".

In many cases irimi might be virtually interchangeable with omote in one of our techniques,

such as katatori ikkyo, or shomenuchi ikkyo, but it is possible to have an "irimi ura" variation (direct iriminage from shomenuchi).

In an attempt to avoid all this confusion, in common practice among Toyoda dojo, the term describing the primary energy is used to describe the variation—and believe me, this distinction might seem quite subtle. Traditionally, we use "irimi/tenkan" for throwing techniques, and "omote/ura" are used for

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pinning techniques.

For instance, we have katatori ikkyo omote and ura variations required on the 7th kyu test, and katatori nikyo omote and ura variations on the 6th kyu test, but on the 6th kyu test there are also irimi and tenkan variations required for katatatori shihonage, even though the footwork by itself is almost identical.

When in doubt, think whether you are entering, or turning, or moving in front of, or in back of.

Generally, ura will involve a tenkan motion, and irimi will involve an omote motion.

## THROWING VS. PINNING TECHNIQUES

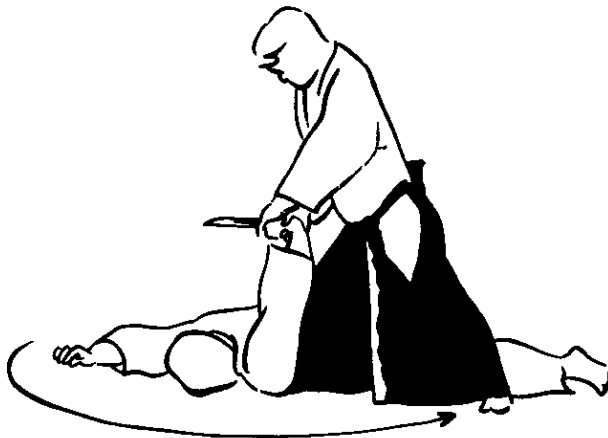
There is a set of techniques generally accepted as “katame waza,” or pinning techniques:

- Ikkyo
- Nikyo
- Sankyo
- Yonkyo
- Gokyo
- Kotegaeshi

The throwing techniques, or “nage waza,” are:

- Kaitenage
- Kokyunage
- Iriminage
- Shihonage
- Jujinage
- Koshinage

Obviously, we can end a pinning technique in a throw instead (“ikkyo nage”) or a throwing technique in a pin (“shihonage pin”), but in general, these are how they’re classified.



## KIHON WAZA vs. HENKA WAZA vs. OYO WAZA vs. KAESHI WAZA

There are five techniques generally accepted as kihon waza, or basic technique. Toyoda Shihan added two more to this list. These seven kihon waza are:

- Ikkyo
- Kotegaeshi
- Kokyunage
- Iriminage
- Shihonage

- Jujinage
- Koshinage

And most other techniques are variations on, or applications of, these seven.

Henka waza is “changing technique” - where nage has

begun and is executing a kihon waza very clearly, and then changes it on the fly into another clearly-executed technique. An example often shown is shihonage into kokyunage (figure-8 variation).

Oyo waza are more advanced applications of basic technique. First, through rigorous and consistent practice, one becomes so familiar with a particular technique that they begin to understand the essence of a it and are able to express this essence in different ways. Exercise for you, the reader, is to take a technique and figure out through reflection, what makes that technique different from all the others—what is its defining feature? We’ll discuss this topic more in a future newsletter.

Kaeshi waza is where one person is performing a technique as nage, but gives uke an opening to take over the technique, and when uke does, they therefore switch roles. At a basic level, this is done with both people performing the same technique. Toyoda Shihan didn’t teach it much as he felt if you learned to do the technique correctly, you wouldn’t need kaeshi waza, and that it introduced an element of competition that didn’t belong. He would bring it occasionally as a teaching aid to better understand the technique.