



Aisatsu

James Nakayama Sensei

Chushinkan Dojo, Buena Park, California

Hi everyone. Welcome to our newsletter, Hikari. Hikari is now on our website at www.chushin.com. If you've missed any of our previous Hikari, back issues are also available. This newsletter is our Western States' open forum for aikido. I encourage anyone who has any aikido related topics they'd like to share to contact us. Besides writing to us at our dojo address, you can also e-mail articles to dknakagawa@aol.com. If you would like to contact me regarding any topics for Aisatsu, please send them to aisatsu@chushin.com.

A couple months ago, on July 16 – 18, I had the pleasure of instructing a seminar in Washington at dojocho William Gray's Aikido Academy. I was assisted by Christine Dyer. Attendance was mainly students of Mr. Gray's, Fred Phillips of Jinshinkan of Beaverton, Oregon, and Susan, Bill, and their two sons, Lucas and Jason Mix of the Body & Mind Martial Arts Center in Washington. The Mixes have existing martial arts schools

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Oyo Waza

Fumio Toyoda Shihan

President Aikido Association of America



Oyo Waza

Oyo waza, which translates as "application of technique" is closely related to kihon waza, the foundation of aikido. Through the continuous practice of kihon waza you will understand the basic principles of aikido and can then progress to oyo waza.

In the AAA we have organized the kihon waza into five nage: shihonage, irimi nage, kokyunage, kotegaeshi nage, and kaiten nage. There are also five katame waza: ikkyo, nikyo, sankyo, yonkyo and gokyo. We have formalized the kihon waza for teaching purposes, making it is easier to explain the concept to beginning students. Over the past year we have been organizing the oyo waza in a similar manner. We are developing two oyo waza per kihon waza.

In oyo waza you are engineering or creating the application of kihon waza principles into techniques that are effective, precise and practical. There are many variations that can be used to express the concept of oyo waza. However, we have selected only two oyo waza per kihon waza for teaching purposes.

You must have a complete mastery of kihon waza to progress to oyo waza. Learning aikido is like learning a foreign language. In aikido, as in a language, you must have mastered an extensive vocabulary (techniques) to communicate.

Not only are there technical benefits to mastering kihon waza

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Oyo Waza continued

and then progressing to oyo waza, but there are mental benefits. In Japanese there is a word *kufu*, when translated means moving from one technique to another without hesitation. Through studying and training in kihon waza, oyo waza and the relationship between the two you will deepen your understanding of aikido, which will lead to applying aikido with complete confidence in any situation.

In summary, the AAA has categorized and defined the kihon waza and oyo waza to assist you in developing your aikido vocabulary, which will allow you to move from one technique to another precisely, effectively and in a practical way. ?

Weapons



Weapons

Martin Katz Sensei

Ryushinkan Dojo, San Diego, California

Weapons training isn't so much important, as it is an integral part of the training in Aikido. It has been noted that much of the foundation of O Sensei's budo was in the practice of the sword and the staff. Technique after technique can be traced back to these roots. There also is a heightened sense of energy when weapons are involved that reminds us that when practicing with weapons we must stay as centered as if we were practicing (taijutsu) empty handed and conversely, when we train taijutsu we must treat the situation as if weapons were involved. Without either element our practice would be incomplete.

Ron Sims Sensei

Jyushinkan Dojo, Logan, Utah

The role of weapons in aikido training is important for several reasons. Weapons training assists in understanding the development of hand techniques, e.g., shihonage. We also have references in aikido practice to the use of the hands as a weapon, e.g., te-getana (hand blade). In addition, weapons training assists in learning basic aikido stances, e.g., ma-ai (distance), movement (spherical rotation), and the concept of leaving no opening (suki). Weapons training includes teaching

students the proper attitude of harmony of mind-body-spirit, using the weapon as an extension of the body (hands), and that weapons training has the same goal and method as empty-hand training. Finally, weapons training offers us the opportunity to practice under greater pressure and intensity of the threat of a weapon attack.

Henry Oshiro Sensei

Orange County Aiki Kai, Santa Ana, California

Weapons have always been a part of the martial arts and aikido has also incorporated the weapons into its art. Weapons, when used in aikido, emphasize the importance of knowing and being able to perform the basic fundamentals. Weapons increase the intensity of the practice. The weapons may easily cut, strike, and penetrate the body to injure or kill. Proper ma-ai becomes a necessity against a weapon. Getting off the line of attack is a must. To perform in that fashion, one must develop the sense of timing, balance, intuition, concentration, and alertness. Learning to blend with your partner is difficult, more so when your partner has a weapon. Maintaining calmness may seem impossible when facing a partner with a weapon. By practice and training against a weapon, one can gradually learn to be calm and also apply this principle to daily life. Learning to use the weapon to protect yourself is part of the training. Weapons like the bokken or jo may also be used to show how some of the aikido techniques evolved. These are some of the ways, that weapons can help us train and especially to develop calmness, and harmony.

Fred Phillips Sensei

Jinshinkan Dojo, Beaverton, Oregon

As Alan Watts was fond of pointing out, it doesn't do to make too much of the distinction between "my body" and "my environment." Each of us is constantly exchanging material (air, shed skin, nutrients) with our surroundings, and we depend utterly on other creatures for our existence.

So why say, "This is me, and that is not?" In this spirit, we practice making aikido weapons an extension, or really a part, of our bodies. We say, "Extend ki through the tip of the jo. Unify the tip of the sword with your one-point." Aikido weapons also carry a lot of symbolism. By contemplating, for example katsujinken, the sword of compassion, and the place of the sword in Japanese history, we advance our understanding of aikido. ?

SPORTS INJURY CORNER

Steven Wasserman, R.N., D.C.
Chushinkan Dojo, Buena Park, California

Neck Injuries

Because the neck is so mobile, it is extremely vulnerable to injury. These injuries can be serious ranging from a simple ligament, tendon, or muscle injury to a complicated, life-threatening emergency due to a spinal fracture and/or spinal cord trauma.

Evaluation of the cervical spine after a significant injury by qualified personnel is essential. Any unconscious person that is suspected to have sustained a possible neck and/or head injury is to be treated as if they have a cervical fracture without question. Keeping the injured neck stable without movement is a priority until emergency services arrive.

Evaluation of the neck injury in a conscious person should include the following:

1. Any neck pain upon active, passive, and resistive range-of-motion?
2. Any numbness, tingling, radiating pain, or burning sensation into face, neck, shoulder, arm, or back? Any muscle weakness of upper or lower limbs?
3. Any crackling sound or sensation in neck or head upon movement?
4. Posture alignment?
5. Any past history of cervical injuries?
6. Are pupils equal and reactive to light?
7. Any clear fluid or blood draining from eyes, nose, or ears?
8. Any difficulty breathing?

If any of the above is noted, immediate emergency care is needed.

Most minor cervical sprain/strains can be managed quit easily by reducing movement, applying an ice pack for the first 24 hours every two hours for 20 minutes, then after 24 hours, a heating pad may be utilized every two hours for 20 minutes. The goal is to control pain, swelling, and muscle spasms. Don't be in a rush to go back onto the mat too early with a neck injury because you may re-injure it even more. ?

Western Region News

Jyushinkan Dojo News

Ron Sims Sensei

Jyushinkan aikidoka participated in the City of Logan's observation of National Night Out Against Crime on August 3rd by providing an aikido demonstration. Twelve aikidoka took part in demonstrating empty hand techniques, ukemi, weapons, and randori. This provided an opportunity to introduce aikido to Logan City residents.

Ron Sims, Lara Anderson, and George Redinger will teach an "Introduction to Aikido" at Utah State University this fall semester for academic credit as part of the Physical Education Department curriculum. Thank you to Toyoda Sensei for suggesting that we teach such a course. It is an excellent way to introduce aikido to the academic community. Toyoda Sensei has agreed to teach a seminar in November at Utah State University in Logan for Utah aikido practitioners.

Chushinkan Dojo News

Stanley Chen

My Stay in Chicago

I recently participated in the 1999 AIF Summer Program at Tenshinkan Dojo in Chicago. Although some aspects of the stay were difficult to get used to, I still enjoyed the experience very much, as it was very fulfilling.

The first few weeks were the roughest. I had to adapt to the overbearing humidity of Chicago, the seemingly endless aikido classes, and the cleaning chores. Being 16 and having not had much experience travelling, I had to face the great obstacle of having to live without my ever-protective parents. I could no longer throw my dishes in the sink and go watch TV, nor could I sit down at the dinner table expecting to be served homemade food. (Well, I guess I ate homemade food in Chicago too...but when I make it, food doesn't look like anything I have ever seen before). Besides the aikido itself, there were many things to learn during my stay. I had to learn to be slightly more independent (fortunately, I could still be financially dependent, for my parents were generous enough to support me in my venture), and I had to learn to work harder in general at everything. As for the aikido training, although I learned many techniques, the most important thing I learned was to be sincere in your training. ?

Western States Aikido Camp

AAA Western States Aikido Camp – September 16-19, 1999

Derek Nakagawa
Chushinkan Dojo

On September 16-19, 1999, the Aikido Association of America (AAA) held its Western States Training Camp at Chushinkan Dojo in Buena Park, California. Fumio Toyoda Shihan and President of the AAA, taught along with special guest instructor Hiroaki Kobayashi Sensei, who traveled here from Japan.

Over seventy students participated in the four-day camp with students from Utah, Texas, and representatives from all the AAA dojo in Southern California. Toyoda Shihan continued his demonstration of kihon waza and the related oyo waza. He also showed the details of the two person bokken-jo 22 step kata.

Kobayashi Sensei explored variations from the kata tori attack, as well as, a four-step, two-person jo kata with its many variations.

The camp ended with examinations from John de Strakosch (yondan), Mike Gallo (sandan) and Pili Luna (nidan). Congratulations to them. Although the camp was mentally and physically exhausting Toyoda Shihan and Kobayashi Sensei provided us with much food for thought. We look forward to their next visit. ?

A Teaching Methodology

An Assistant Instructor's Perspective

Derek Nakagawa
Chushinkan Dojo, Buena Park, California

Teaching can be a wonderful and gratifying experience. However, it also can be a frustrating and demoralizing experience for you and your students. Here are a few ideas that may assist you along the road.

Goals. Establish long, intermediate and short-term goals. As an assistant instructor my long-term goal is for the student to have fun and come back. An intermediate term goal would be to prepare kyu ranked students for an exam and a short-term goal would be to cover the 7th kyu exam requirements. To accomplish these goals you must be organized.

Organize. What exactly do the students need to know? What order do they need to know the information? What do they need to know now and what do they need to know in the future? Defining the tasks will allow you to begin planning.

Planning. Although learning theory states that the average person can learn and remember seven things (that's why your phone number has seven digits) as a practical matter you will be lucky if a student takes home one concept. Add to this the fact that the average attention span is five to ten minutes you begin to grasp the magnitude of the challenge to make a fun and safe learning environment for 7th kyu to shodan students. Plan the class down to the techniques you will cover and the length of time you are going to devote to each phase of the class. The attention span issue can be addressed by a change of pace. Changing to related techniques or adding a weapons section are ways to change the pace. A purpose, a plan, and preparation gives you confidence. Your confidence gives students confidence. Make every minute count. People do not plan to fail. They just fail to plan.

Order. Show the entire technique with the pin with little or no comment. Let the student practice. Stop the class after a while, to point out common problems and how to fix them. Integrate aiki taiso after the student has had time to do the full technique. Stop briefly to help individual students. This allows you to customize your teaching to meet that student's challenges. Show the entire technique one last time. Repetition is a wonderful teacher.

Tools. Break down the movements into steps or forms. First night beginners can feel a sense of accomplishment by learning the four steps to katate kosadori kotegaeshi. Now you can assign them homework. Do the forms ten times per day outside of class. You can assign intermediate students to assist you with new students by assigning them to teach the forms. This reinforces their knowledge of the technique and the form. If the new student learns the forms, two people have a sense of accomplishment. Also, you have given them a lifetime analysis tool. If they see something new or something old is not working, they can break it down and put it back together again. Forms or tricks are just tools to be discarded, when the student understands what you are trying to communicate. The best example of this is to exaggerate how you want them to do a technique. Remember tools are not aikido, they help you get to aikido.

Movement. Movement improves focus. Standing around destroys focus.

Positivity. You are not going to teach a student all of aikido in 60 minutes. Of the body of aikido knowledge what specific idea do you want to pass on in this one class. What can they absorb? They need to feel like they accomplished something by the end of the class. No matter how small a step a journey of a 1,000 miles begins with one step. Always end on a positive note. Always make personal contact with each student at least once per class.

Perception. People learn in different ways. People will learn primarily by one the following methods: seeing, hearing, smelling, tasting or doing. Therefore, when you show a technique it needs to be a multimedia event. Play to all the senses possible. Students should be seeing, hearing and doing.

The Subconscious. "You did that wrong", accomplishes nothing. The subconscious mind does not understand negatives. A great example of this is in golf. You say to yourself "don't hit the ball into the water". And what happens? You drive the golf ball right into the water. The reason for this is that the subconscious mind is hearing, "Hit it into the water". Always tell or show the student what they should be doing. This is positive learning rather than negative learning.

Negativity. Avoid emotionally charged words. Stupid, loser, etc. only puts the student's mind into a nonproductive place. You need them to be totally focused on your one concept for the class. Tell them what to do, not what not to do.

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Teaching Methodology continued

Smile. Let the joy in your heart show. This spirit will fill the dojo and the training will be productive. If you are not having fun, I can guarantee you that the students are not having fun.

In summary, create goals, organize your ideas, plan the class, be positive and smile.

I want to thank all those people who have helped me over the years. I have learned much from muku to shihan. I am constantly reminded of the importance of "beginner's mind".
?

Aisatsu continued

and have been interested in learning and teaching aikido. Jason Mix has been attending seminars with Toyoda Sensei, including the Instructors' Seminar in Chicago. On Sunday, at the conclusion of the seminar, Jason Mix tested and successfully passed his 2nd kyu test.

On July 31 and August 1, we had our annual Teaching Committee Seminar here at Chushinkan Dojo. This year's guest instructor was dojocho of Orange County Aiki Kai, Henry Oshiro. The seminar was a small affair attended by the five local Southern Cal dojo and one visitor, Angela Yamauchi, from Ganshinkan of Utah.

The first week in August, Fred Phillips, dojocho of Jinshinkan Dojo was here in Southern California visiting relatives. Mr. Phillips stopped by for several workouts with us here at Chushinkan Dojo. It's always nice to have visitors come by. Let me take this opportunity to extend an open invitation to other traveling aikidoka to stop by and train with us.

As most of you should know by now, Toyoda Sensei will be conducting the Western States Camp here at Chushinkan Dojo on September 16 through the 19th. This year, along with Toyoda Sensei, will be guest instructor Hiroaki Kobayashi, son of prominent aikido instructor, Yasuo Kobayashi. This will be H. Kobayashi Sensei's first seminar with the AAA here in the United States. This camp is an intensive four-day workout, starting on Thursday evening through Sunday afternoon. Don't miss being a part of this first time event.

In this issue of Hikari, we are discussing the importance of

weapons in aikido training. The aikido world is divided on the subject of weapons in aikido. We in the AAA have an intensive weapons' program using the traditional tanto, bokken, and jo. What are the benefits to weapons' training? Hikari hopes to shed light on this important topic. ?



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Buena Park, CA 90621
California Residents: \$24.30 each
All others: \$22.75 each
Specify size: Medium, Large or Extra Large

PROMOTIONS

ADULTS

Yondan

John de Strakosch OCAK

Sandan

Mike Gallo Kanshinkan Dojo

Nidan

Pili Luna OCAK

3rd Kyu

Alfred Alvarez Chushinkan Dojo

Ralph Jewell Chushinkan Dojo

John Ma Chushinkan Dojo

4th Kyu

Jana Ruzicka Chushinkan Dojo

5th Kyu

Jon Forrest Chushinkan Dojo

Hiroshi Taya Chushinkan Dojo

Courtney Hicks Jyushinkan Dojo

Marty Rasmussen Jyushinkan Dojo

6TH KYU

Randy Yamamoto Chushinkan Dojo

Robert Rios Jyushinkan Dojo

Mohammad Ikhsan Jyushinkan Dojo

7TH KYU

Scott Bui Chushinkan Dojo

Ki Chung Chushinkan Dojo

Eduardo Gomez Chushinkan Dojo

Daisuke Ishihara Chushinkan Dojo

Peter Kang Chushinkan Dojo

Steve Lin Chushinkan Dojo

Miki Yoshimori Chushinkan Dojo

JUNIORS

5th Kyu

Bryan Pham Chushinkan Dojo

Kevin Pham Chushinkan Dojo

8TH KYU

Eric Gomez Chushinkan Dojo

Calendar of EVENTS

AIKIDO SEMINAR FUMIO TOYODA SHIHAN

AIKIDO ACADEMY, REDMON, WA AND BODY & MIND MARTIAL ARTS CENTER, SEATTLE, WA, OCTOBER 22-24, 1999

AIKIDO SEMINAR JAMES NAKAYAMA SHIHANDAI

UTAH STATE UNIVERSITY, LOGAN, UT, NOVEMBER 13-14, 1999

AIF FUNDRAISING SEMINAR FUMIO TOYODA SHIHAN

KENSHINKAN DOJO, VISTA, CA, DECEMBER 3-5, 1999

Dates may not be firm - Check with AAA before making travel arrangements!



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