

AIKIDO NEWS

UPCOMING BLACK BELT TEST

Fred Behr will be taking his shodan exam (1st degree black belt) on Friday and Saturday, June 12 and 13. You are welcome to come and observe, and even provide ukemi if you are currently practicing aikido. On **Friday night** (right after Ki Class) from **6:30pm to 7:45pm** he will demonstrate solo and paired weapons, bokkendo (wooden sword) and jodo (wooden short staff).

On **Saturday, at 9am**, he will do the aikido part of the exam. This will take until approximately 12:00pm. In addition to 290+ aikido techniques called out in Japanese, he will demonstrate knife take-aways, bokken nage, jo nage and jo tori. The test will conclude with a three person continuous attack: randori.

We expect many people from the surrounding aikido community and quite a few to come up from our partner dojo in Albuquerque to participate and observe the test.

In Shin-Budo Kai, Shodan is a huge undertaking. It usually takes 5 years consistent practice to be invited to test, and about a year of concentrated study to get ready for the actual test. It is a major accomplishment first for the candidate and second for the whole dojo.

Natsu Shugyo

SPECIAL SUMMER SESSION

Saturday, June 13
2:00pm to 4:30pm

Immediately following Fred's Shodan test (see directly above) we will break for lunch and then do an afternoon training session from **2:00pm to 4:30pm**. This will be *shugyo style*, training emphasizing flowing aikido and lots of movement with minimal instruction. It is a way to thoroughly engage all our guests in a lot of fun aikido with an emphasis on connection and leading rather than technical details. The session is open to aikidoists of all levels, beginners included.

IMAIZUMI SENSEI SPECIAL CLASS

Monday September 14th
in Durango



We are honored to announce that Imaizumi Sensei is coming back to Durango and teaching a special evening class on Monday, September 14th. The class will start at **6pm** (get there early!) and end at **8pm**. Imaizumi Sensei is one of very few high ranking instructors who learned directly from O Sensei and is still teaching. Learning from him is a wonderful opportunity. Visitors, guests and observers are welcome. There will be a special evening fee of \$20 for the class - to help pay for hosting expenses.

ALBUQUERQUE SEMINAR

Imaizumi Sensei will be teaching a three day seminar in Albuquerque, hosted by our sister dojo, Albuquerque Shin-Budo Kai. This is on September 18-20. For more information, visit their website: asbk.org

***"Shugyo is the ceaseless
engagement of new
challenges."***

Shizuo Imaizumi Sensei

DSBK AIKIDO NEWS

RECENT PROMOTION

Cory Kitch recently completed his 3rd kyu test, setting a high standard for aikido at this level. Cory can now wear the traditional black hakama (pleated pants) that indicates the transition from beginner to serious student of aikido. Congratulations to Cory and all those working with him to get ready for the test.

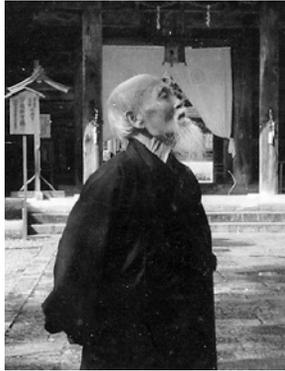


FOUNDER'S DOJO REGULATIONS

by Morihei Ueshiba - O Sensei

These were the original regulations posted in OSensei's dojo in Japan when he began teaching aikido... Still applicable today.

Aikido decides life and death in a single strike, so students must carefully follow the instructor's teaching and not compete to see who is the strongest.



Aikido is the way that teaches how one can deal with several enemies. Students must train themselves to be alert not just to the front but to all sides and the back.

Training should always be conducted in a pleasant and joyful atmosphere.

The instructor teaches only one small aspect of the art. Its versatile applications must be discovered by each student through incessant practice and training.

In daily practice first begin by moving your body and then progress to more intensive practice. Never force anything unnaturally or unreasonably. If this rule is followed, then even elderly people will not hurt themselves and they can train in a pleasant and joyful atmosphere.

The purpose of Aikido is to train mind and body and to produce sincere, earnest people. Since all the techniques are to be transmitted person-to-person, do not randomly reveal them to others, for this might lead to their being used by hoodlums.

CLASS SCHEDULE

Kids Aikido	Mon & Wed	4:30 - 5:30pm
Intro Aikido*	Mon & Wed	5:30 - 6:30pm
General Aikido	Mon & Wed	6:00 - 8:00pm
Ki Class	Friday	5:30 - 6:30pm
SBK Weapons	Friday	6:30 - 7:30pm
Adv Aikido	Saturday	9:00 - 11:15am

* A 10 session series with 2 month membership, call or email to see when to join the series.

HOW TO BEGIN AIKIDO

If you are curious, but unsure about aikido and whether it is for you or not... A first option is to come on a Monday or Wednesday before 6pm. Introduce yourself to the teacher and stay for a while to observe. Warm-ups take about 20 minutes, then the aikido begins.

Find out when the next Introductory Aikido series begins... If this fits your schedule, fine. If not, then just come to a Monday or Wednesday class (arrive around 5:20 to meet people and get an informal introduction 5:30 - 6:00. Then stay in the class as long as it works for you. While beginning in aikido can seem complex, we are quite friendly and make an extra effort to take care of beginners.

The **Ki Class** is also a very easy way to sample the inner arts of aikido. Come and find out...

HOW TO RESUME AIKIDO TRAINING

If you used to train with us, or somewhere else, and wonder about starting up your training again... PLEASE COME! Do not postpone jumping back in. The benefits of practice only accrue to those who show up. Just start coming. Once you have reestablished the Monday/Wednesday habit, then you can build momentum and joy in practice.

If you have a specific need or request, just talk with the sensei. Training with an injury or lack of physical capability is fine. Aikido is not specifically about throwing and falling down. It is more about keeping one-point and moving together. The key is to come. If you don't show up you can't practice. No practice, no growth in mind body unification. "*Jump in! The water is fine!*"