

The Institushin!!!

DOJO JOKER

Eight thoughts to consider for 2007.

8: Good health is merely the slowest possible rate at which one can die.

7: Give a person a fish and you feed them for a day; Teach a person to use the Internet, and they won't bother you for weeks.

6: Some people are like a slinky... Not good for anything, but you can't help but smile when you shove them down the stairs.

5: Health nuts are going to feel stupid someday, lying in hospital beds dying of nothing.

4: All of us could take a lesson from the weather. It pays no attention to criticism.

3: Why does a slight tax increase cost you \$200.00 and a substantial tax cut saves you 30 cents?

2: In the 60's people took Acid to make the world weird. Now the world is weird and people take Prozac to make it normal.

And the Number 1 Thought for 2007:

They know exactly where one cow with mad-cow disease is located among the millions and millions of cows in America, but they haven't got a clue as to where thousands of illegal immigrants and terrorists are located. Maybe they should put the Department of Agriculture in charge of immigration.

Kids Health

We hear that humans will live longer and longer, and that we could live to 150. The reality is quite different.

DOJO DOKTOR

Teachers now believe that the current group of your adults will peak as far as longevity is concerned, but the young children are the first group in several generations whose life expectancy is slipping backwards.

Children as young as 5 are showing signs of cardio-vascular changes and the condition known as late onset diabetes is being diagnosed in children as young as 8.

The reasons are simple.

1. Inactivity. Children of previous generations played, walked or rode their bikes to school and didn't spend hours in front of computers or game consoles.

2. Junk diets. Fast food is a daily part of life for some, chips, soft drinks, ice cream etc. some of the worst offenders are the so-called healthy snacks.



The breakfast and snack bars. Advertised as being good for your kids, they contain little if no real fruit, loads of sugar and trans fats (the bad ones).

Even worse are the low-fat foods which some body-conscious kids consume. The problems are they actually make you fatter and they contain some of the nastiest chemicals that humans are exposed to.

Our regulatory authorities do not protect us, we

Events in March / April

Armidale Dojo Visit Fri 2nd – Sun 4th March

* 3 Roosters Birthday Bash Sat 10th March

* Friendship Seminar Sat 17 and Sun 18th March (See flyer)

* Robert Mustard Sydney Seminar 6th, 7th, 8th April (See flyer)

Martial Arts A Great Way of Life Get Into It!

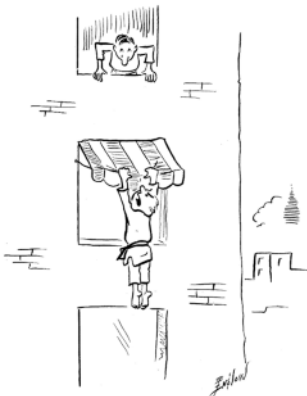
have to protect our kids and ourselves.

Fresh fruit fresh veg, quality meats and grains and diluted fruit juice. Is it too hard? Are they too demanding? We are responsible for their health and wellbeing, we are their carers, we love them and want them to live long healthy lives and we must lead by example.

JUNIOR DOJO

Junior Dojo

The Juniors have started off really well again this year although numbers have been a little down during the last couple of rainy weeks. There are still new students joining every week, and so the classes have been stripped right back to start with the basics for the new guys and to develop a lot



I thought we agreed on - NO OVERHEAD THROWS

more depth for the experienced students. Hopefully this will develop a lot more understanding of the history and mechanics of Aikido training - how it works, how it developed, modern applications etc. The Instructors for the Junior classes this year are: Senseis

Martin, Wendy, Tim, Kay and Stuart, and Steve Denning will join the roster in the middle of the year.

Amy is now permanent official assistant Instructor!

The Teens classes will mostly be taken by Senseis David, Martin, Kay and Steve.

Very soon there will be an 'Information for Parents' handbook available which will help parents to understand what's going on in class, the 'ripple effect' this can have out of class and how to support the positive changes that usually occur when your children are training at our Dojo. Martin

AIKI EDUCATION

Aiki Education

Due to my other commitments, I will not be investing as much time to the schools programmes this year. I am continuing with the Warrior Programme, CLAN (Core Literacy and Numeracy) and a couple of other programmes at Beerwah High School. I am hoping to develop the CLAN programme into other schools in Terms 2 & 3. I am also keen on developing a one-to-one learning enhancement programme through the

Institute, where I can have private sessions with both children and parents to develop movement-based learning to learn strategies that are simple and fun and that also have that unique Aikido flavour – being in harmony with yourself and the world.

If you like the sound of that idea, please have a word to me directly, or contact me through the Institute.

Martin

DESHIS DIARY

Sydney

On Wednesday 24th of January Sensei and I caught the plane down to Sydney to visit a Yuishinkai dojo run by Sensei Andrew Sunter. On the first day we arrived at 4.30pm (Sydney time) and just took it easy settling in. On the 25th we met Sensei Andrew down at Rushcutters Bay



Park for some early morning Sword and Jo training. When Sensei Andrew went to work at 10 Sensei relaxed while I went to explore Sydney. In the afternoon we met back up and all travelled to the

dojo located at Paramatta rd. After the formal training we all went to get some pizza!

On Friday we went down to the park again for some more early

morning training. This time we were

accompanied by one of Sensei Andrews

students who did very well for his first Jodo

class. Training lasted

all day. That night we went to a very nice Indian restaurant.

Saturday was the day of the big seminar. It started at 9 and finished at 5. There Sensei taught



the basics of sword drawing, cutting practice, followed by the relationship between Sword and Aikido, then the first 2 Shinto Muso Ryu Kenjutsu kata: Ai Suri and Ju. Lastly we demonstrated

a few Tachi and Kodachi kata. We then went out to Chinatown to a nice restaurant with some of the students and caught the plain home the next day. All in all it was a very exciting trip and I'm sure everyone learned something new!