



AIKIDO

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"The body should be triangular, the mind circular. The triangle represents the generation of energy and is the most stable physical posture. The circle symbolizes serenity and perfection, the source of unlimited techniques. The square stands for solidity, the basis of applied control."

O'Sensei Ueshiba,
Founder of Aikido

Bushido

**Extract from the book 'BUSHIDO' (1899)
by Samurai author Niobe concerning valour.**

The spiritual aspect of valour is evidenced by composure - calm presence of mind. Tranquility is courage in repose. It is a static manifestation of valour, as daring deeds are dynamical. A truly brave man is ever serene; he is never taken by surprise, nothing ruffles the equanimity of his spirit. In the heat of battle he remains cool, in the midst of catastrophe he keeps level his mind. earthquakes do not shake him, he laughs at storms. We admire him as truly great, who for instance, can compose a poem under impending peril or hum a strain in the face of death. Such indulgence betraying no tremor in the writing or in the voice, is taken as an infallible index of a large nature - of what we call a capacious mind (yoyu) which, far from being pressed or crowded, has always room for something more.

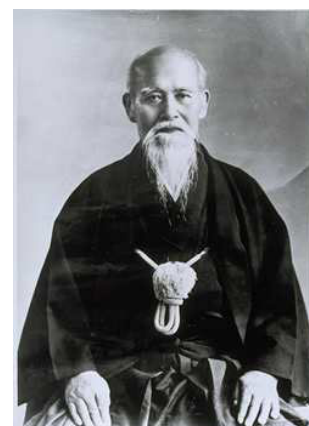
It passes current amongst us, as a piece of authentic history, that as Ota Dokan, the great builder of the castle of Tokyo, was pierced through with a spear, his assassin, knowing the poetical predilection of his victim, accompanied his thrust with this couplet -

Ah! how in moments like these
Our heart doth grudge the light of life;

whereupon the expiring hero, not one whit daunted by the mortal wound in his side, added the lines -

Had not in hours of peace
It learned to lightly look on life.

(In Japanese these are rhyming couplets of considerable beauty.)



O'Sensei Ueshiba, the Founder of Aikido

Turnbull Sensei's comment:

Without valour we are easily dominated by fear, which means that anyone or anything that makes us afraid can destroy our equanimity and ability to act.

To be fully human we must have genuinely deserved self-respect. It is impossible to have self-respect if one allows oneself to subject to uncontrollable fears. Better to be dead!.

Inside this issue :

<i>Bushido</i>	1
<i>Quote from O'Sensei</i>	1
<i>Club Activities</i>	2
<i>University of Canberra Dojo</i>	2
<i>The Final Word</i>	2



Ki exercises at the South Coast

We are also on the web
Check us out at
www.aikido.net.au

CLUB ACTIVITIES

July

Grading - exact date to be determined.

Membership

Everyone is encouraged to become a member of the ANU Aikido JTS Club. Fees are \$75 for non students and \$50 for students annually. Annual membership fees are normally paid at the beginning of February. For anyone who has paid at the end of the year, they can pay a pro rata amount to February.

Treasurer

Fundraising

We are currently having a fundraising drive to boost the club's funds. It would be greatly appreciated if everyone could sell a box of yummy Cadbury chocolates. Only \$1 for a Freddo Frog or Caramello Koala.



ANU Aikido Club members new and old ham it up for a feathered audience while barbecuing at Lake Burley Griffin

Committee Contact Information

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University of Canberra Dojo

The University of Canberra Dojo is also a member of The National Aikido Federation.

Members of ANU Aikido JTS can train at the University of Canberra Dojo.

Training Times:

Monday : 7:30pm - 9:30pm

Wednesday : 7:30pm - 9:30pm

<http://www.aikido.net.au/uc/>



The dojo is on the second floor, accessed from a verandah overlooking the playing fields.

The Final Word

Summer School 2004

This year's summer school was held for 5 days in January (5th -9th). There were 2 sessions per day, sunrise misogi and social gatherings (representatives from ki fusion aikido in Melbourne attended).

It was wonderful opportunity to get away from everyday distractions and concentrate on aikido.

Atemis (strikes) was an aspect we concentrated on during the training.

I was not expecting to be quite so exhausted in the evenings, however I was certainly much fitter at the end of the week.

I encourage you to attend one of the weekend training sessions (or next year's summer school)

Annette Vincent