



AIKIDO

The Unfettered Mind:

"Your mind should be in harmony with the functioning of the universe; your body should be in tune with the movement of the universe; body and mind should be bound as one, unified with the activity of the universe."

"Move like a beam of light:
Fly like lightning,
Strike like thunder,
Whirl in circles around
A stable center."

O'Sensei Ueshiba,
Founder of Aikido

On my way to the dojo and when I bow coming in I try my best to empty my mind of the daily confusion of thoughts and activities, in a way my time on the mat is a form of meditation for me. I leave my daily thoughts behind and focus on extending ki, centring, and becoming soft. When I am relaxed and extending ki my time on the mat is pure pleasure. As I feel myself getting better at a technique I get a glimpse at how much further there is to go. I often feel after a good session on the mat that the better I get the worse I realise I am. But I always leave with a smile on my face. As another part of training I like to ponder what other people have written about the correct mind or the mind of no mind. Below are some excerpts from a famous Zen Monk Takuan Soho and something from O'Sensei.

Tom Finnigan.

THE UNFETTERED MIND THE AFFLICTION OF ABIDING IN IGNORANCE by Takuan Soho

To speak in terms of your own martial art, when you first notice the sword that is moving to strike you, if you think of meeting that sword just as it is, your mind will stop at the sword in just that position, your own movements will be undone, and you will be cut down by your opponent, This is what stopping means.

Although you see the sword that moves to strike you, if your mind is not detained by it and you meet the rhythm of the advancing sword; if you do not think of striking your opponent and no thoughts or judgments remain; if the instant you see the swinging sword your mind is not the least bit detained and you move straight in and wrench the sword away from him; the sword that was going to cut you down will become your own, and, contrarily, will be the sword that cuts down your opponent.

If ten men, each with a sword, come at you with swords slashing, if you parry each sword without stopping the mind at each action, and go from one to the next, you will not be lacking in a proper action for every one of the ten.



O'Sensei Ueshiba, the Founder of Aikido

Although the mind act ten times against ten men, if it does not halt at even one of them and you react to one after another, will proper action be lacking?

But if the mind stops before one of these men, though you parry his striking sword, when the next man comes, the right action will have slipped away.

When facing a single tree, if you look at a single one of its red leaves, you will not see all the others. When the eye is not set on any one leaf, and you face the tree with nothing at all in mind, any number of leaves are visible to the eye without limit. But if a single leaf holds the eye, it will be as if the remaining leaves were not there.

Non-resistance is one of the principles of aikido. Because there is no resistance, you have won before even starting. People whose minds are evil or who enjoy fighting are defeated without a fight

I do not think badly of others when they treat me unkindly. Rather, I feel gratitude towards them for giving me the opportunity to train myself to handle adversity

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The Unfettered Mind (continued)

The true martial art is the one that defeats an enemy with-out sacrificing a single man: attain victory by placing yourself in a safe and unassailable position.

True budo is for the sake of peace and harmony: train daily to manifest this spirit throughout the world

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CLUB ACTIVITIES

July 18th Monday

Second Semester Beginners Course starts.

June 19th Sunday

Movie

June 21st Tuesday

SRA Awards Night

June 22nd Friday

Movie "AIKI", National Gallery, 7:00pm.

RECENT CLUB ACTIVITIES

May 1st Sunday

Back to Basics Training & Beginner's Bar-b-que.

Club Notices

Closing ceremony

Sensei mentioned recently in class that in the closing ceremony, students can either thank him in japanese or english, not both. The japanese words are: Arigatoo - Gozai Mashta Sensei

Weapons:

The club has a couple of bokkens (white oak), jo's (some hardwood) and tantos (possibly blue gum) available for sale to members. They are at a reasonable price of \$20 for a bokken, \$20 for a jo and \$10 for a tanto. If anyone is interested in purchasing some weapons, please see Tamara.

Uniforms:

The club has recently purchased some gi's (sizes 1-6) which are available to members for a reasonable price of \$65. If anyone is interested in buying a gi, please see Tamara

Care of your weapons (Sourced from [bujindesign website](#))

Sand your training weapon lengthwise, with the grain. (Note: it is not necessary to remove the original finish from your weapon prior to conditioning). Blend equal parts of linseed oil and tung oil and apply the mixture with your bare hands to your weapon, allowing the warmth of your hands to work the oil into the wood. Wipe thoroughly with a soft cloth and let dry for 24 hours, checking periodically to remove excess oil. Repeat the oiling/drying process two or three times. Following this initial treatment, the oil mixture may be applied about once a week for two months, and once a month thereafter. Sanding should be done as needed prior to oiling.

The Final Word

Have a Receptive, Open-Minded Attitude

Truly to learn anything, one must study with a receptive, open-minded attitude. This is especially true in studying Aikido.

If you pour water into a glass already full of tea, most of it will be spilt. If you pour a glassful of water into an empty glass, all of it will go into the glass. If a mind is full of preconceived notions and shallow thoughts, that mind will be incapable of receiving any new thoughts, no matter how lofty the ideas may be.

What you will do in Aikido is often completely opposed to the methods that man has so far employed in the ordinary course of events.

It is though one used to the speed of sound suddenly is confronted with supersonic speed.

In Aikido, you step from the world of the body to the world of the mind, from the world of aggression to the world of non-resistance. It is quite obvious there must be a change in the rules, too.

Empty your mind, therefore, of all preconceived notions that you may have had about Aikido so that you will be able to receive its principles and accept its truths.

From "Aikido - The Co-ordination of Mind and Body for Self-defence" Koichi Tohei