

MOMOTARO

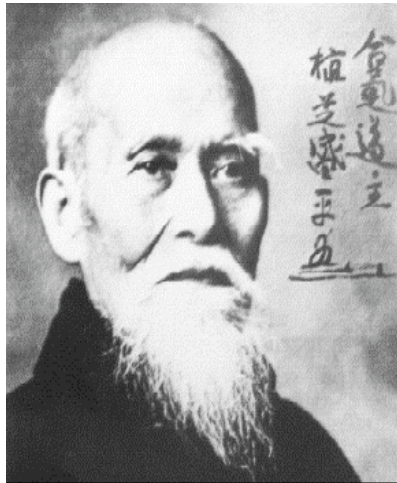


AIKIDO NEWSLETTER FOR KIDS VOLUME 1, ISSUE 2 - SUMMER 2009

The Life of O-Sensei

Morihei Ueshiba was born in Tanabe, Japan on December 14, 1883. He was a sickly, bookish boy, but his father inspired him with stories of his great-grandfather, a famous samurai, and encouraged his son to take up martial arts. Ueshiba studied a number of martial arts, trying to find the true way of the warrior. At the age of thirty, he met Takeda Sensei, a great teacher of jujutsu. Takeda Sensei inspired Ueshiba, and Ueshiba spent over twenty years training in jujutsu

As Ueshiba grew older, his understanding of martial arts changed both technically and spiritually. At the age of forty-two, Ueshiba was challenged by a naval officer who repeatedly attacked him with a sword, but Ueshiba easily defeated the officer without even hurting him. Exhausted, the officer just gave up. At that moment, Ueshiba realized that the real way of the warrior was the protection of all creatures, the art of peace, not destruction. Ueshiba called his new martial art *aikido*—“the way



O'Sensei Morihei Ueshiba,
the founder of aikido



of harmonizing the fundamental energy of the universe”.

Ueshiba died on April 26, 1969 at the age of eighty-six, but his students remember him as *O Sensei*—“great teacher” of martial arts. Aikido is more than just a collection of martial techniques. Aikido is also a spiritual view of the world based on harmony in the face of aggression. There are many stories about O'Sensei's skill as a martial artist. O'Sensei stood barely five feet tall, but even the famous sumo wrestler Tenryu could not overpower him. Then, with the slightest touch, O'Sensei toppled the giant wrestler. O'Sensei could easily escape a circle of his students attacking him with swords, and his students said they never even saw him move. Ueshiba trained many *uchideshi* or live-in students who also became great teachers. Yoshimitsu Yamada and Mitsunari Kanai are two of those great teachers that Peachtree instructors have followed most closely.



O'Sensei performing *irimi*.

The Shape of Aikido

You might remember the three basic shapes of aikido from the previous article—triangle, circle, and square. The footwork of aikido is based on three basic movements: *irimi* or “entering”; *tenkan* or turning; and *tenshin* or “shifting”.

Aikido does not meet an attack head-on. Instead, aikido avoids an attack by stepping or sliding, forward or backward, out of the path of the attack. The turning movement of *tenkan* creates the circular movement of aikido. The key to unlocking the secret code of aikido is to understand these three movements.




Peachtree Summer Slumber Party 2009.
Photo by Lorne Feeser.



Instructor Hebert Giles.
Photo by Keith Taylor.

Sensei Says


Assistant Instructor Herbert "Herbie" Giles began his Aikido training in Livingston, Texas on the Alabama-Coushatta reservation. He was promoted to *shodan* by recommendation of his instructors at Winter Camp in 2003. Herbie works in Atlanta and lives in a log cabin in Carrollton, Georgia. 

*Aikido is good for your body, your mind and your heart.
And it's fun.*

- Yoshimitsu Yamada



Instructor Stan Mitchell.
Photo by Keith Taylor.

Assistant Instructor Stan Mitchell has trained exclusively at Peachtree Aikikai since 1996. Stan is a chemical engineer [GA Tech Class of 1986] and is working on his Masters degree in business administration and teaching certification at Georgia State University. Stan lives in Decatur, Georgia, with a great number of books, and is the Chief Administrative Officer of Peachtree Aikikai. 



"Summer"



AI-KID-O

"Summertime Blue"
By Stan Mitchell

[Tune of "Summertime Blues" by Eddie Cochran]



Ain't no cure for the summertime Blue!
Photo by Lorne Feeser.

So you wanna go to class but can't get the motivation.
`Cause the temperature inside makes you crave refrigeration.
You want the AC on to try not to lose it
But Sensei says, "Sorry, samurai didn't use it."
Sometimes I wonder what I'm a-gonna do
But there ain't no cure for the summertime Blue.

Well you gripe to everyone about your AC situation.
They all tell you "Man, just keep up with your hydration."
I can't believe they've bought in to the Sensei's plan:
"A little sweat is good, it'll make you a man."
Sometimes I wonder what I'm a-gonna do
But there ain't no cure for the summertime Blue!

So you finally go to train with a sense of desperation.
And your uniform gets soaked with some honest perspiration.
You raise your hand to bow out because you're feeling strange,
But all Sensei says is, "Twenty times and change!"
Sometimes I wonder what I'm a-gonna do
But there ain't no cure for the summertime Blue!




Common Zense

Aikido for Observers

By Karen Sabatino and Stan Mitchell

Peachtree Aikikai is a traditional Japanese dojo. The etiquette we practice will allow our students to shine at any other aikido school in the world. The bow performed as we enter the dojo acknowledges that we have crossed a threshold into another place with a different way of behaving. The bow performed as we step onto the mat moves us even further from the “outside world”. It is a sign of respect and focus—for the art, for the instructor and for the safety of our partners and us.

Students on the mat should not interact with observers or other students who are off the mat. Observers should not encourage such interaction. If it appears that a student is lost or just does not understand, this is an opportunity for his or her partner to step up and help—whether it is with the technique being taught or simply tying a loose belt.

Every aspect of our training presents an opportunity to learn, but not all lessons are about throwing someone onto the ground. We enjoy sharing aikido with everyone and hope that everyone who comes to watch will suit up and join us on the mat someday. The children’s program is the foundation of our school, and we encourage parents with children in our classes to bring younger siblings to watch their brothers or sisters. It is normal for young children to be curious, especially when their older siblings are having fun, but please keep children off the mat and away from the edge when they are not participating. Aikido is a powerful art. For safety’s sake, please be respectful, both on and off the mat. 



Training begins and ends with etiquette.

Kyu Promotions

July 11, 2009

Congratulations on stellar tests!

Imogen Martin - 8th Kyu

Kai Minvielle - 8th Kyu

Yebin Chae - 9th Kyu

Elijah Lacan - 10th Kyu



The purpose of training is to tighten up the slack, toughen the body and polish the spirit.

- Morihei Ueshiba

Kokyu dosa, the power of movement through breathing.
Photo by Lorne Feeser.



PEACHTREE AIKIKAI ATLANTA

2055 Piedmont Road
Atlanta GA 30324

Phone 404-876-1040

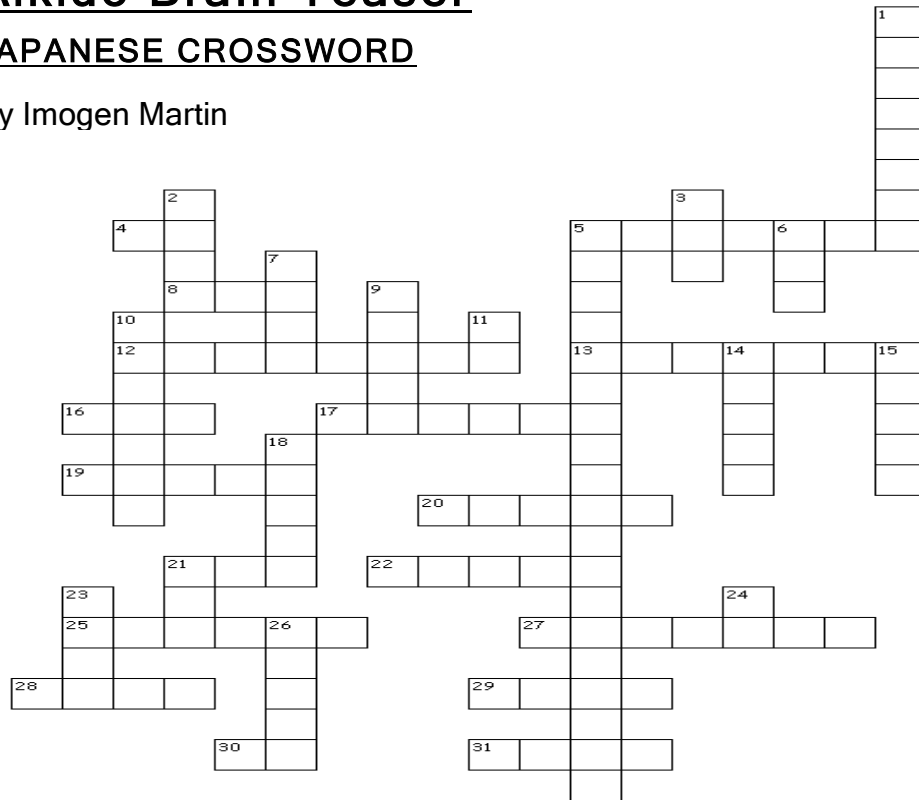
sensei@
peachtreeaikikai.com



Aikido Brain Teaser

JAPANESE CROSSWORD

By Imogen Martin



Across

4. the number five
5. organization for the practice of aikido
8. back, behind
12. great teacher, Morihei Ueshiba, founder of Aikido
13. thanks (informal)
16. the number ten
17. the way of harmonizing energy
19. knee walking
20. correct sitting position
21. the number three
22. half body, stance used in aikido
25. the number seven
27. freestyle with multiple attackers
28. elbow
29. the number one
30. the number two
31. wrist

Down

1. forward fall
2. the number six
3. receiver, attacker
5. thank you (formal)
6. the number nine
7. thrower, defender
9. hip
10. breathing exercise, throw
11. uniform
14. reverse or opposite
15. front, in front
18. wooden sword
21. the number four
23. leg, foot
24. wooden staff
26. the number eight

About Peachtree Aikikai

Peachtree Aikikai is a traditional dojo for Japanese martial arts, dedicated to the teaching and preservation of aikido and iaido. Peachtree Aikikai is affiliated with the United States Aikido Federation under the direction of *Shihan* Yoshimitsu Yamada, a direct student of Morihei Ueshiba, the founder of aikido. Peachtree instructors are internationally ranked in black belts through the United States Aikido Federation and Aikikai world headquarters in Tokyo, Japan.

We're on the Web!

Visit us at:

[www.Peachtree
Aikikai.com](http://www.PeachtreeAikikai.com)

