



Chudokai Aikido Federation
INTERNATIONAL

Volume 17, Issue 1
January 2009



CHUDOKAI express

HAPPY NEW YEAR!

So, what brings you here?

I'd like to add something new to the Chudokai Express. You. I'm looking to ask you some questions and hopefully get some answers so we can print them in this newsletter. Don't worry, I'm not looking for the next great DAN RONBUN (by the way, that's not someone's name). We've already had one of those—and with his permission we'll print it again. All you'll get is one simple question every few newsletters and you can email me your thoughts. Again, nothing academic. You'll never hear me ask one of those "What's the relationship between Zen and Aikido?" questions. Ink is expensive.

Let's cut to it:

What brought you here?

What motivated you to enroll in Aikido/Budo? Why did you pick the phone up and make the call? Why did you go to your dojo and watch/participate in a class? What got you interested?

Email me your thoughts—no essays, please—at:

stanmauro@gmail.com

As for me, cheesy martial arts movies brought me to the Chudokan. Because of this, I never criticize or bash those films. You never know how they can change someone's life for the better.

OSU!

Stan Mauro

QUOTE:



"The conventional wisdom about "natural" talent is a myth. The real path to great performance is a matter of choice."

-Geoff Colvin

Remember...

- Instructor's Class
February 4
- Kyu Test
February 5
- Dan Test
February 7
- ON GUARD Basic CDT Course
February 28
- Aiki Buki Test
March 5

EVENTS

- Instructor's Class
 - Wednesday February 4 @ 7:00pm
 - 3rd Kyu and above are encouraged to attend
- KYU TEST
 - Thursday February 5 @ 11:00am & 7:00pm
 - All students who are eligible are encouraged to test
- DAN TEST
 - Saturday February 7—12:00pm
 - All students who are eligible and prepared are encouraged to test
- ON GUARD Basic CDT Course:
 - Uxbridge, ON*
 - Saturday February 28 (9:30am—5:30pm), Sunday March 1 (10:30am—5:30pm)
 - Visit www.onguardtraining.com
- AIKI BUKI TEST
 - Thursday March 5 @ 8:30pm
 - All students who are eligible are encouraged to test
- CHUDOKAN DOJO SCHEDULE CHANGE
 - Effective Monday February 2:
 - Open Aikido Class: **6:30—7:00pm**
 - Basic Aikido Class: **7:00—8:00pm**
 - Aiki Buki Class moves to
Thursdays: 8:30—9:30pm

TEST RESULTS

ANSHINKAN DOJO, Birmingham, Michigan, USA

- | | |
|-------------------|---------------------|
| • Jeff Hoffmaster | 9 th Kyu |
| • Jeff Hoffmaster | 8 th Kyu |
| • Jim Beverlin | 7 th Kyu |
| • Justin Lin | 5 th Kyu |

KACHIKIKAN DOJO, Redford, Michigan, USA

- | | |
|--------------------|---------------------|
| • Joseph Kangas | 9 th Kyu |
| • Fatimah Chambers | 9 th Kyu |
| • Courtney Weidman | 9 th Kyu |
| • David Hageman | 9 th Kyu |
| • Robert Copciac | 9 th Kyu |
| • Alizé Whitfield | 9 th Kyu |
| • Cyarira Thomas | 9 th Kyu |
| • Joshua Horning | 9 th Kyu |
| • Hilam Mandwee | 9 th Kyu |
| • James Modelski | 9 th Kyu |
| • Jacob Zeipekis | 9 th Kyu |
| • Kyle Bassett | 9 th Kyu |
| • Cody Bassett | 9 th Kyu |
| • Gerald Allen | 9 th Kyu |

RETSUSHINKAN DOJO, Birmingham, Alabama, USA

- | | |
|-------------------|---------------------|
| • Lisa Davies | 5 th Kyu |
| • Fergus Cheung | 5 th Kyu |
| • Scott Wilson | 4 th Kyu |
| • Todd Myers | 2 nd Kyu |
| • Bill Owings | Shodan |
| • Keith MacConkey | Nidan |

INSTRUCTOR PROMOTIONS

- | | |
|-------------------|--------------|
| • Keith MacConkey | Fuku Shidoin |
|-------------------|--------------|

CHUDOKAN DOJO SCHEDULE CHANGE:

Effective Monday February 2:

- **Open Aikido Class: 6:30—7:00pm**
- **Basic Aikido Class: 7:00—8:00pm**
- **Aiki Buki Class moves to
Thursdays: 8:30—9:30pm**

Ceaseless Daily Practice

By: *Andy Sethi*

I have a kakemono that reads Hei So Ari – "Ceaseless Daily Practice". At first, I saw this work as a call to discipline, something like Sensei with a big stick yelling, "What are you sitting around for?! Practice! Practice!" As I have studied the piece more carefully, my perception has changed. Rather than urging a change in the action of the moment, the saying is a constant reminder to become conscious of what is actually taking place. The question is not whether we are practicing, but what we are practicing.

Ceaseless Means Ceaseless. Life does not stop until death. Whether we realize it or not, we are already in ceaseless practice. What we practice we get very good at. Such is the nature of habit. It has been practice so diligently, there is no longer conscious effort required for the action. My friend can watch six to eight hours of television in one day. I personally find this quite an amazing feat, but the fact is that he has been watching TV for a long time and has become very good at it. Every moment of life is practice; sleeping, eating, thinking; practice is *ceaseless*, it never, ever ends. This is why it is so

vital to show up to class immediately following a promotion. The ego must be constantly reminded that there are no rewards for practice – there is only more practice. Thus we begin to learn that practice is its own reward.

Daily Means Daily. The dojo never ends. I think for most of us, it's pretty scary when we realize that all of our daily life is practice. Think about waiting in line and wishing it would move faster, practicing impatience. Waking up and thinking how much you hate your job, practicing dissatisfaction. Getting frustrated is practicing frustration. Haven't you noticed? People who get angry often are very good at getting angry, as time passes and the practice continues, the anger come easier and more frequently and more intensely. I used to hit the snooze button on my alarm instead of getting up immediately, talking myself into "another five minutes". Needless to say that by doing this every morning, I began getting very good at hitting the snooze button. I have since chosen to discontinue this practice and instead use this as an opportunity to practice discipline. To me, this is one of the main benefits that comes from the practice of Budo: to recognize that

which you no longer desire in your life, and have the discipline which allows you to break free from the past conditioning and shift your focus onto that which you wish to expand.

Practice means Practice. Sensei says, "Practice doesn't make perfect, perfect practice makes perfect." It is easy to get caught in the trap of mindless repetition in the name of practice. My understanding of perfect practice simply put is "conscious, focused attention". While it may manifest as bodily repetition, practice is primarily a task of the mind. The opening verse of the Dhammapada states that "What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: our life is the creation of our mind." In other words, ***every thought is practice***. This is why zazen is so essential. In order to control what we practice, we must be able to control our thoughts. There is nothing more powerful than a focused mind.

In the end, practice is all there is. Ceaseless, daily practice. Practice. Practice. Practice. Practice is enlightenment.

行住座臥
一切の事勢
これ最善の道場

*Wherever you are and whatever
you are doing...*

Nothing can compare to this.

This is the ultimate dojo.

Dogen

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