



**Chudokai Aikido Federation  
INTERNATIONAL**

**Volume 17, Issue 2  
February 2009**



# CHUDOKAI express

## So, what brings you here?

Thank you to everyone who emailed me their reasons for enrolling in Budo. If you haven't yet sent me your story, please do so (stanmauro@gmail.com). Here are a few:

"I started Aikido when my mom & dad wanted me & my sister to take Martial Arts. I was six years old at the time when I did start. Since we live in Kingsville, we searched to see if we could check out one of the Dojos here. We ended up going to a place called "Kingsville Martial Arts". My sister & I tried out one of thier classes. Bailey (my sister) liked it a lot, while I didn't so my parents went to find another Dojo we could try for me. They did end up finding one in Windsor: Aikido. It was a Saturday morning for the pewee class. The first thing Sensei Patricia told me was that when we are going on & off the mat we always bow to the Shomen. When I was on the mat I noticed the bokkens, tantos, & the jos. By the end of my first class I loved it so much I told my parents I wanted to go here. I've been coming here for eight years & now I'm in the adult program. My parents were the ones that brought me here & Aikido did change my life "for the better". OSU!"

*Corey Wintermute*

"I recently enrolled here at the Chudokan in early January 2009. My time here is the first time I have trained in a dojo that's primary purpose is to study Budo. I have always been fascinated in martial arts, and have wanted to study, but my primary focus growing up was hockey. In my dad's opinion, martial arts were just a "bunch of Bruce Lee nonsense".

continued on page 3



## QUOTE:

**"Bad habits are like a comfortable bed...easy to get into, but hard to get out of."**

*-Anonymous*

## **REMEMBER...**

ON GUARD Basic CDT Course

February 28

Aiki Buki Test

March 5

ON GUARD Crisis Intervention

March 29

Instructor's Class

April 1

Kyu Test

April 2

## EVENTS

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](http://www.onguardtraining.com)

AIKI BUKI TEST  
 Thursday March 5 @ 8:30pm  
 All students who are eligible are  
 encouraged to test

ON GUARD Non Physical Crisis  
 Intervention: *Windsor, ON*  
 Sunday March 29: 9am—5pm  
 Visit [www.onguardtraining.com](http://www.onguardtraining.com)

Instructor's Class  
 Wednesday April 1 @ 7:00pm  
 3rd Kyu and above are encouraged  
 to attend

KYU TEST  
 Thursday April 2 @ 11:00am &  
 7:00pm  
 All students who are eligible are  
 encouraged to test

ON GUARD Basic CDT Course:  
*Windsor, ON*  
 Saturday April 11— Sunday April 12  
 (9am—5pm)  
 Visit [www.onguardtraining.com](http://www.onguardtraining.com)

## TEST RESULTS

**CHUDOKAN DOJO, Windsor, Ontario,  
 Canada**

Youth

Cheyann Labadie	9 <sup>th</sup> Kyu
Dante R. Barcsai	9 <sup>th</sup> Kyu
Hanna Monuma	9 <sup>th</sup> Kyu
Aaron MacDonald-Berwick	9 <sup>th</sup> Kyu
Kaitlyn Drake	9 <sup>th</sup> Kyu
Trevor MacDonald-Berwick	9 <sup>th</sup> Kyu
Ethan Chan	9 <sup>th</sup> Kyu
Arnella Bekic	9 <sup>th</sup> Kyu
Jace Tyler	9 <sup>th</sup> Kyu
Devin Williams	9 <sup>th</sup> Kyu
Kade Tyler	9 <sup>th</sup> Kyu
Jordan Maadi	8 <sup>th</sup> Kyu
Joshua Lariviere	8 <sup>th</sup> Kyu
Brandon Cernat	8 <sup>th</sup> Kyu
Tomas Sadik	8 <sup>th</sup> Kyu
Jacob Osase-Almeida	8 <sup>th</sup> Kyu
Joseph Sadik	8 <sup>th</sup> Kyu
Lauren Bost	7 <sup>th</sup> Kyu

Adult

James Zedd	9 <sup>th</sup> Kyu
Wayne Paxton	9 <sup>th</sup> Kyu
Shawn Jay Hodgins	9 <sup>th</sup> Kyu
Ranbir Singh Ghag	8 <sup>th</sup> Kyu

Andrea Vollenwyder	7 <sup>th</sup> Kyu
Charles Hengstebeck	7 <sup>th</sup> Kyu
Armando Maceroni	6 <sup>th</sup> Kyu

**OKAMIKAN DOJO, Uxbridge, Ontario,  
 Canada**

Oliver Kovacic	7 <sup>th</sup> Kyu
Oliver Kovacic	6 <sup>th</sup> Kyu

**SHUSHINKAN DOJO, Saint-Eustache and  
 Longueuil, Quebec, Canada**

Nathan Dubois	10 <sup>th</sup> Kyu
Alexandra Paquette-Larher	10 <sup>th</sup> Kyu
Vincent Dulude	10 <sup>th</sup> Kyu
Alexis Khounsombath	10 <sup>th</sup> Kyu
William Khounsombath	10 <sup>th</sup> Kyu
Maël Houck	9 <sup>th</sup> Kyu
Sébastien Coté	9 <sup>th</sup> Kyu
René Philippe	9 <sup>th</sup> Kyu
Robert Chidiak	9 <sup>th</sup> Kyu
Maël Chidiak	9 <sup>th</sup> Kyu
Samuel Caron Pelletier	9 <sup>th</sup> Kyu
Stéphane Pelletier	9 <sup>th</sup> Kyu
Martine Dufresne	9 <sup>th</sup> Kyu
Ghislain Girouard	9 <sup>th</sup> Kyu

Stéphane Laplante	9 <sup>th</sup> Kyu
Richard St-Cyr	8 <sup>th</sup> Kyu
Richard St-Cyr	7 <sup>th</sup> Kyu
Mathieu Charrette	7 <sup>th</sup> Kyu
Stéphane Sieldak	7 <sup>th</sup> Kyu
Yannick Desmarais-Bérubé	7 <sup>th</sup> Kyu
Guy Leclerc	7 <sup>th</sup> Kyu
Stéphane Tétreault	5 <sup>th</sup> Kyu
Frédéric Larher	5 <sup>th</sup> Kyu
Marie-Claire Beaudry	5 <sup>th</sup> Kyu
Vincent Dumas	5 <sup>th</sup> Kyu
Frédéric Larher	4 <sup>th</sup> Kyu

**KACHIKIKAN DOJO, Redford, Michigan, USA**

Marcus McCrear	9 <sup>th</sup> Kyu
Nathan Havlena	9 <sup>th</sup> Kyu
Brent Shreve	9 <sup>th</sup> Kyu
Logan Charlton	9 <sup>th</sup> Kyu
Desmond Wall	9 <sup>th</sup> Kyu
Isaak Cooke	7 <sup>th</sup> Kyu
Jordan Harrell	7 <sup>th</sup> Kyu

**TRUE BALANCE AIKIDO DOJO, Sterling Heights, Michigan, USA**

Terry Kopp	7 <sup>th</sup> Kyu
------------	---------------------

**MICHIGAN AIKIDO ACADEMY, Michigan, USA**

Aleksander Szygowski	Shodan
----------------------	--------

**SHOSHINKAN DOJO, St. Albans, West Virginia, USA**

Jake Tucker	7 <sup>th</sup> Kyu
Sean Adkins	7 <sup>th</sup> Kyu
Sean Adkins	6 <sup>th</sup> Kyu
Zachary Hornsby	6 <sup>th</sup> Kyu
Josh Cannon	3 <sup>rd</sup> Kyu

**BANSHINKAN DOJO, Weston, West Virginia, USA**

Derrick Wagener	1 <sup>st</sup> Kyu
Dellann Wagener	1 <sup>st</sup> Kyu

When I was working my first part time job at 16 I saved enough money to enroll in Tae Kwon Do that was offered in the cafeteria of a local high school. I spent 3 and a half years training in Tae Kwon Do whenever I could. By the end of high school I was busy with part time jobs, playing on a travel hockey team, and starting work at Chrysler Canada as a student worker. Unfortunately it was my Tae Kwon Do that suffered and had to be dropped. Also a hamstring tear contributed to ending my pursuit of martial arts.

During high school I learned that one of my uncles had studied Aikido from a school that had since closed down. He had tested for shodan and was very patient and informative when I enthusiastically bombarded him with questions about everything I could think of about his art. From him and some of the books he lent me I learned about the history and philosophies about Aikido and Japanese Budo, but since I was in already studying an art, my curiosity did not extend further.

I grew up in the 1980's and like all boys that age I watched the Teenage Mutant Ninja Turtles cartoon on Saturday mornings. It was through this that I wanted to study weapons techniques. The chance of actually using a sword in combat is slim, so the fascination of studying

continued on page 4

**GISHINKAN DOJO, Abingdon, Virginia, USA**

Kannan Rasiah	9 <sup>th</sup> Kyu
Jackie Simounet	9 <sup>th</sup> Kyu
Kalin Honaker	9 <sup>th</sup> Kyu
Dr. Harland Simpson	9 <sup>th</sup> Kyu
Dr. Sherry Harden	9 <sup>th</sup> Kyu
Dr. Mark Overbay	9 <sup>th</sup> Kyu

**RETSUSHINKAN DOJO, Birmingham, Alabama, USA**

Chris Tomberlin	6 <sup>th</sup> Kyu
Chris Morrow	2 <sup>nd</sup> Kyu

**MEISHINKAN DOJO, Lehigh, Florida, USA**

Dmitri Pavlenkov	3 <sup>rd</sup> Kyu
Holly Herndon	3 <sup>rd</sup> Kyu

**4** weapons was solely for the sake of study. During my time in Tae Kwon Do I was disappointed that there was no weapons work except for a class every blue moon focusing on the *bo*. This little taste of using a *bo* helped cement my determination to once day study an art that used traditional weapons.

My time spend studying Tae Kwon Do was very rewarding. I met some great people that helped me grow as a martial artist, and went to tournaments that expanded my knowledge of what a martial art could be. It was during one of these tournaments where my desire to pursue the striking arts was tapered somewhat. In a green belt semifinal fight I was seriously outmatched by an opponent that was in every way my superior. I lost the fight due to a concussion from a flying axe kick expertly delivered to my forehead. After some reflection I concluded that martial arts were something that I enjoyed and I wanted to make a commitment to study, but that maybe I needed something that was more conducive to my health. I was again intrigued by Aikido and the hopes that I could study an art for a lifetime without the wear and tear on my body that lifelong commitment to one of the striking arts would include.

In studying martial arts in Windsor for several years you learn a little about the martial arts community around you. Like Copeland's Karate or Albert Mady, you learn a little about the names and places to train. Sensei Blok and his Aikido dojo were one of the names that came up in conversation once in a while. I did a little research on my own and discovered that the Chudokan has been in operation for a long time. That kind of longevity made me think that they must be doing something right, so once I determined that I had the time and resources to once again study martial arts I contacted the Chudokan.

And that is what brought me here.

*Shawn Hodgins*

---

I have always had an interest in martial arts. I practiced Judo in my youth and regretted not continuing with it. About ten years ago my sister purchased a starter program as a gift for me. The rest is history. Aikido is my life. OSU!

*Bill Taylor*

---

Deare\$t Dad,

\$chool i\$ really great. I am making lot\$ of friend\$ and \$tudying very hard. With all my \$tuff, I \$imply can't think of anything I need, \$o if you would like, you can ju\$t \$end me a card, a\$ I would love to hear from you.

Love,

Your \$on

---

---

Dear Son,

I kNOW that astroNOmy, ecoNOmics and oceaNOgraphy are eNOugh to keep even an hoNOur student busy. Do NOt forget that the pursuit of kNOWledge is a NOble task, and you can never study eNOugh.

Love,

Dad