



# CHUDOKAI express

## Osu.

What does "Osu" mean?

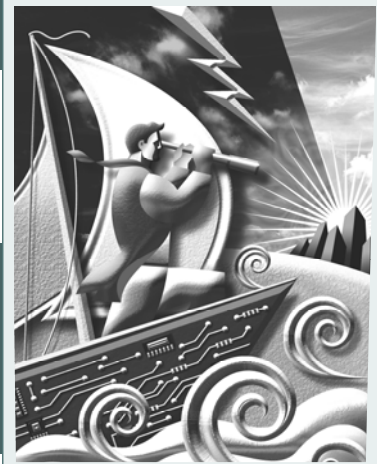
This is one of the most common questions of a fresh Aikidoka. Most find its meaning confusing and it's easy to see why. Osu is often used as a greeting, a fond farewell, and even a thank you. Osu was best explained to me with a little history behind it.

Long ago, in the day of the samurai, a lord would have many samurai in his service known as a clan. These samurai warriors above all else were people, and like all humans they didn't necessarily get along with each other all the time. After all, we all have our differences from time to time. However, in times of war differences had to be put aside. To go into battle holding onto petty grudges could cause distractions leading to defeat and even death.

Osu was to say: I will honour you with respect, I will do everything in my power to get along with you for the time we are together. I will put our differences aside for *our* best interest. In this way, samurai clan members would be strengthened and empowered. They could enter into conflict with togetherness. Osu was not just a greeting of respect but a declaration of harmonious intentions.

So the next time you say "Osu", remember the empowering meaning and intention behind it!

*M. Dubé*



## QUOTE:

**"The grass may be greener on the other side of the fence, but it still has to be mowed."**

*-Anonymous*

## REMEMBER...

- ON GUARD Basic CDT Course  
April 11-12
- Spring Fling Seminar  
April 17-19
- ON GUARD Motivation Courses  
April 19 & April 26
- Aiki Buki Test  
May 7
- Instructor's Class  
June 3
- Kyu Test  
June 4

## EVENTS

- ON GUARD Basic CDT Course:  
*Windsor, ON*
  - Saturday April 11— Sunday April 12 (9am—5pm)
  - Visit [www.onguardtraining.com](http://www.onguardtraining.com)
- SPRING FLING AIKIDO SEMINAR:  
*Birmingham, Alabama*
  - Friday April 17—Sunday April 19
  - Join us in beautiful Birmingham, Alabama for this annual event
  - Visit [www.usamartialarts.com](http://www.usamartialarts.com)
- ON GUARD Motivation & Instructional Technique Course: *Birmingham, Alabama*
  - Sunday April 19 (10:00am—5:00pm)
  - Visit [www.onguardtraining.com](http://www.onguardtraining.com)
- ON GUARD Motivation & Instructional Technique Course: *Windsor, ON*
  - Sunday April 26 (9:00am—5:00pm)
  - Visit [www.onguardtraining.com](http://www.onguardtraining.com)
- AIKI BUKI TEST
  - Thursday May 7 @ 8:30pm
  - All students who are eligible are encouraged to test
- INSTRUCTOR'S CLASS
  - Wednesday June 3 @ 7:00pm
  - 3rd Kyu and above are encouraged to attend
- KYU TEST
  - Thursday June 4 @ 11:00am & 7:00pm
  - All students are encouraged to test

## TEST RESULTS

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

- Stefan Litcan 9<sup>th</sup> Kyu
- Bishara Qare 9<sup>th</sup> Kyu
- Robert Doyle 4<sup>th</sup> Kyu

**BUYUKAN DOJO, Oshawa, Ontario, Canada**

- Justin Martin Nidan

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

- Caren Peterson Shodan
- Roberta Garza Shodan

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

- Alexander J. Cain 7<sup>th</sup> Kyu
- Monty Crowder 7<sup>th</sup> Kyu
- Joe Sullivan 7<sup>th</sup> Kyu
- Ashleigh Lambiotte 6<sup>th</sup> Kyu
- Lisa Davies 4<sup>th</sup> Kyu
- Kenneth Lefkovits 3<sup>rd</sup> Kyu
- Zachary Daniel 1<sup>st</sup> Kyu

**SOKUKAN DOJO, Alpharetta, Georgia, USA**

- Donald Spooner 7<sup>th</sup> Kyu
- Mark Davenport 7<sup>th</sup> Kyu
- Lucrecia Lobo 7<sup>th</sup> Kyu

**Chudokai Aikido Federation****International Instructor Promotions**

- Justin Martin Fuku Shidoin
- Marcellous Johnson Fuku Shidoin

**Chudokai Aikido Federation****International New Dojo Affiliation**

- **Michigan Aikido Academy**, St. Clair Shores, MI, USA
- **Buyukan Dojo**, Oshawa, Ontario, Canada

**CHUDOKAN DOJO CLASS****CANCELLATIONS:**

- The Chudokan Dojo will be closed for the Easter weekend:  
*Friday April 10—Monday April 13*
- Classes will resume on Tuesday April 14

## ON GUARD CONTROL & DEFENSIVE TACTICS

### Control/Defensive Tactics-Basic Course

- John McLellan
- Oliver Kovacik
- Duncan Ashworth
- Justin K. Martin

### Control/Defensive Tactics-Intermediate

#### Instructor

- Theodore Paul Maybury

Shugyo is a way of being. It is the power of perseverance, the diligent continual practice that takes you beyond what you think are your limitations. It is the determination to never give up and put one hundred percent commitment into everything you do. Shugyo is the path to being the best “you” that “you” can be.

Practice everything, get in sync, and charge forward.

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## Zig Ziglar On Thinking

“You are what you think about!” this sentence has been kicked around for a long time.

One enthusiastic young man said he knew it wasn't true because if he was what he thought about all the time, he'd be a girl.

There is a great deal of truth in that statement, and it leaves us with the question: What does influence our thinking?

I believe that what goes into our minds and the people we associate with, influence our thinking. Our thinking influences our actions. Our actions influence our performance. Our performance plays a major role in how successful and happy our future will be.

Have you ever gone to a movie and laughed?

Have you ever gone to a movie and cried?

Do you really think they put something in the seats that caused you to either laugh or cry?

*M. Dubé* Naturally, you know better. It was what you saw on the screen that made you react with laughter or tears.

The question is, if input can make us laugh or cry, can it also make us helpful or hurtful to others?

Two examples say yes.

In one episode of the television show HAPPY DAYS, Henry Winkler as “The Fonz” took out a library card. The American Library Association reported that after that show aired, more than 100,000 teenagers across America took out library cards.

On a recent OPRAH program, *The Gap* (ladies apparel chain) had a fashion show featuring its new line of jeans.

This was not a paid commercial; it was simply a showing of new fashions.

Within 72 hours *The Gap* has sold out of those jeans nationwide.

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In the words of Senator Paul Simon, "If 30 seconds sells soap and another 30 seconds sells a car, then for sure, 25 minutes of glamorized violence sells violence."

Message: Be careful about what you feed your mind because it's going to affect your actions—which will affect your future. Think about it, and *I'LL SEE YOU AT THE TOP!*

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## Morning Smile

*A woman, in for surgery, was seen fleeing down the hall of the hospital.*

*"What's the matter?" she was asked.*

*She said, "I heard the nurse say, 'It's a very simple operation, don't worry, I'm sure it will be all right.'"*

*"She was just trying to comfort you, what's so frightening about that?"*

*"That's the problem! She wasn't talking to me... She was talking to the doctor!"*

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**KYUSHO JUTSU**

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**PRESSURE POINT CONTROL DVD's ARE  
NOW AVAILABLE. PLEASE SPEAK WITH  
BLOK KYOSHI IF THERE IS ANY INTEREST.**

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**USED WEAPONS FOR SALE.  
PLEASE SEE BLOK KYOSHI.**