



CHUDOKAI express

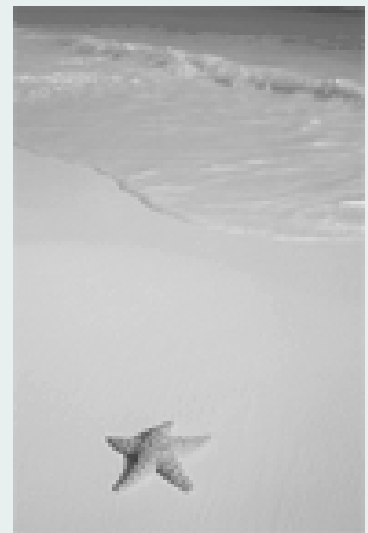
Thank You Everyone!!

To the Chudokan members, family and friends who supported our fundraiser at the KomedY Korner on Saturday April 4, 2009.

Thank you very much!

With your support we were able to raise over \$1,400.00 for our programs. It is through such support and generosity that we are able to continue our work here, keeping programs going and membership costs down. Your efforts were greatly appreciated.

OSU!



QUOTE:

"If there is no struggle, there is no progress."

-Frederick Douglass

REMEMBER...

- Aiki Buki Test
May 7
- Aikido Seminar
(Genoa, Ohio)
May 9
- ON GUARD Baton Course
May 24
- RCAO Golf Tournament
May 30
- Instructor's Class
June 3
- Kyu Test
June 4

EVENTS

- AIKI BUKI TEST
 - Thursday May 7 @ 8:30pm
 - All students who are eligible are encouraged to test
- AIKIDO SEMINAR at SHINSUIKAN DOJO:

Genoa, Ohio

 - Saturday May 9 starting at 10am
 - Join us in Genoa, Ohio for this great training seminar
 - Visit www.shinsuikandojo.com
- ON GUARD Baton Instructor & User Course:

Kingston, ON

 - Sunday May 24 (9am—4pm)
 - Visit www.onguardtraining.com for more information
- RCAO GOLF TOURNAMENT
 - Saturday May 30—Tee Time: 10am
 - Chicken & Pasta Dinner: 5pm
 - Contact 519-253-6667 or info@aikidocanada.org to book your spot
 - Everyone is welcome to attend this event
- 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, CanadaYouth

- Angad Ghag 8th Kyu
- Luke Jokic 6th Kyu

Adult

- Jordan Andrews 9th Kyu
- James Zedd 8th Kyu
- Wayne Paxton 8th Kyu
- Shawn Jay Hodgins 8th Kyu
- Ranbir Singh Ghag 7th Kyu
- Andrea Vollenwyder 6th Kyu
- James Otis Paxton 2nd Kyu
- Corey Wintermute 2nd Kyu

TRUE BALANCE AIKIDO DOJO, Sterling Heights, Michigan, USA

- Alin D. Buse 4th Kyu
- Radu Popa 3rd Kyu

KISEKIKAN DOJO, Ft. Bragg, California, USA

- Shawn Headley 3rd Kyu

ON GUARD CONTROL & DEFENSIVE TACTICSControl/Defensive Tactics-Basic Course

- Magalie Pierre
- Robert Mailloux
- Dave Arnold
- Dane S. Harden
- James Paxton
- David Reynolds
- Scott Bonneville
- Mark Overbay

Control/Defensive Tactics-IntermediateInstructor

- Neal Ruseff
- Boris Glavas

Control/Defensive Tactics-AdvancedInstructor

- Charly Badaoui
- Michael Dubé
- Neal Ruseff
- Boris Glavas

Tactical Handcuffing Course

- William Burgess

Non-Physical Crisis Intervention Course

- Scott Bonneville
- Vince Martin Donaghey
- Sandra Donaghey
- Justin Groulx
- Kurt James Feil
- James Zedd
- Robert Mailloux
- Todd Kenneth Mansell

Non-Physical Crisis Intervention

Advanced Course

- Boris Glavas
- Neal Ruseff
- Michael Dubé

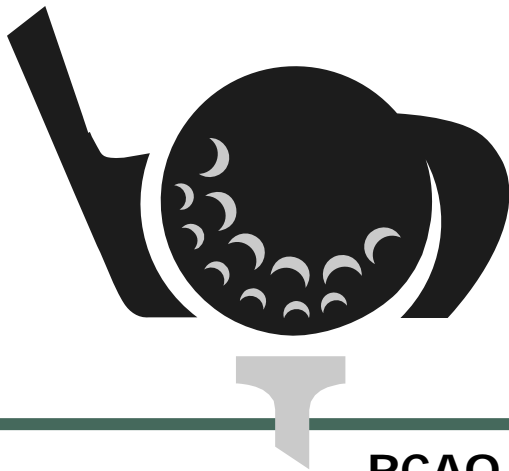
Non-Physical Crisis Intervention—Basic

Instructor

- Michael Dubé

Motivation and Instructional Technique Course

- Sydney M. Allen
- Robert Blackston
- Gregory L. Brown
- Chrissy Bushnell
- Van Bushnell
- Angela L. Carmichael
- Katrina K. Cooper
- Zachary J. Daniel
- Matthew A. Glaze
- Darlene Hudgins
- Marcellous L. Johnson
- Ronda H. Lacey
- Ken Lefkovits
- Keith MacConkey
- Bill McKenzie
- Tim Morgan
- Sarah Ann Morriss
- Robin M. Owings
- Stephen B. Skelton
- Elizabeth R. Swift
- Scott Bonneville
- Anne Bonneville
- James Zedd
- Robert Mailloux
- Boris Glavas
- Neal Ruseff
- Todd Mansell
- Michael Dubé
- Charly Badaoui
- Janice Allison



RCAO Golf Tournament

Saturday May 30, 2009

Tee time 10am

Royal Estate Golf Club

Chicken & Pasta Dinner to follow at Windsor Sportsman Club - 5pm

- **18 Holes of Golf with Cart & Dinner - \$60**
- **18 Holes of Golf with Cart - \$50**
- **Dinner Only - \$15**

Kick the Procrastination Habit

by Maria Gracia

"I'll get to it--when I get a chance."

You know what that means, don't you? You'll never get to it! Here are 8 simple ways to kick the procrastination habit and start getting things done.

1. **BREAK IT DOWN.** Seem overwhelming? Don't look at everything as one big project. Break goals, projects or tasks down into small parts. Assign a specific deadline (date and time) to each part.
2. **WRITE IT DOWN.** Make it official by recording on paper, what needs to be done. When it's written down, it's more concrete, and there's a greater chance you'll start and complete it.
3. **TELL SOMEONE.** Tell a friend, associate or loved one what your plans are. Discuss decisions that need to be made with others. Ask a friend or associate for some ongoing motivation. Sometimes an outside perspective may be all you need to get started.
4. **SCHEDULE.** Establish a regular time each day to work on your goal, project or task.
5. **USE PROPER TOOLS.** Organize your environment, complete with the tools you need, so it is conducive to working.
6. **POST REMINDERS.** Keep your goals in front of you. Post reminders of your goals and deadlines where you can constantly see them.
7. **I'LL ONLY DO THIS, IF I COMPLETE . . .** Make something you normally do and enjoy contingent upon doing the avoided task. For example: "I will not watch my favorite television program until I complete Part A of my project." -- By the way, no fair cheating!! :-)
8. **SET REWARDS.** Set rewards for your ultimate goals and mini-goals. You'll constantly have something enjoyable to look forward to.

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WWW.AIKIDOCANADA.ORG

WWW.CHUDOKAI.COM