

KINOKAWA AIKIDO  
PO BOX 205  
EMMAUS PA 18049-0205

## DEMONSTRATIONS AT SPORTSFEST – SATURDAY, JULY 26TH AT NOON

Kinokawa ryu Aikido will again be participating in the martial arts demonstrations at SportsFest in Allentown, PA. This is the fifth year for these demonstrations! We invite all Kinokawa students to attend and participate. We hope you will consider showing your support for Kinokawa by helping staff the booth during SportsFest (any of the four days), and especially by participating in the demonstrations on Saturday. If you can help, please contact JD or Craig.

Please feel free to bring friends and family and to extend an invitation to anyone you feel would enjoy the diverse martial arts being presented. This is the largest event each year where Kinokawa Aikido can be seen by the public and other martial artists. More information can be found here:

[http://www.maexpo.org/events\\_sf2008](http://www.maexpo.org/events_sf2008)

## WELCOME TO OUR DOJO

by Hanshi Wirth

This will be an adventure for you unlike any other you've had. Aikido is a powerful and beautiful martial art, and a Path to deeply and truly knowing your Self. We are pleased and honored to have your company.

In learning, you'll go through many changes. You will become more at ease in your body with each passing day. You will find that you have more energy, and much better balance than you once had. You will become physically and mentally tough. Your intuition will sharpen and your mind will become relaxed, supple and spontaneous. Remember that you are opening, growing. Some of this will be easy, but often the changes are sweeping, even difficult. Persevere through your periods of doubt and disillusionment and you will find that compassion has replaced fear in your heart, and the Peace of Your Being fills the ordinary moments of your life.

Listen respectfully to your instructors. They have all been tested time and time again, formally and otherwise. No one will teach a class in this dojo who does not have your best interests in mind and heart.

Always enjoy your practice and if you can, forget yourself while you do. This will always be a temple, and your sanctuary.



### UPCOMING EVENTS

Saturday, July 26, 2008  
Demonstrations at Sports-  
Fest 2008

Saturday, August 16, 2008  
Summer Open Training Day  
at Bryn Mawr

Saturday, October 18, 2008  
Fall Open Training Day  
at Bryn Mawr

### SUBMISSIONS

We welcome news and information! Please send submissions to:

[newsletter@kinokawa.org](mailto:newsletter@kinokawa.org)  
or...  
kinokawa aikido  
po box 205  
emmaus pa 18049

### ON THE WEB

Copies of this newsletter, including back issues, are available in PDF:

<http://www.kinokawa.org/newsletter>



## Ki

by Sempai Kyle Olinger

While most of what you are about to read is not necessary to understand Aikido, those of you who would like to study Ki on a more intellectual level may be interested. This does not mean you should practice Aikido from an intellectual level; rather, understand in order to "Be."

This should be considered an overview and not a complete work on Ki in the body. For the purpose of this article I am referring to Ki in the energetic sense i.e. energy being movement more so than the metaphysical aspects of the "spirit" of Ki.

In Chinese theory we are made up of two sources of Ki. There is the Pre Heaven Ki and the Post Heaven Ki. The Pre Heaven Ki is the energy sent from the heavens to spark life. What you get at birth is what you have for life. The Post Heaven Ki is a combination of your mother's Yin Ki and your father's Yang Ki. This can, and must, be replenished so that we don't deplete our Pre Heaven Ki. Together the Pre Heaven and Post Heaven Ki are referred to as Original Ki or Yuan Ki. This type of Ki develops in the center of our bodies between our Kidneys. There are also two acupuncture points, one on the front and one on the back, relating to this power source. This is why we speak of the "One Point."

In order to replenish our Ki we must transform substance into Ki. We rely on the food we eat and the air we breathe to transform into energy. Combined (Food Ki and Air Ki) they are referred to as "Gathering Ki" (Maciocia: Foundations of Chinese Medicine Pg 51) Gathering Ki and Original Ki combine and are referred to as True Ki.

True Ki splits in two and has two functions; the first, referred to as Nutritive Ki, is to nourish and protect the inner body i.e. the organs. The second, referred to as Wei (way) Ki, protects the outer layer of skin and the muscles. In the martial arts this Wei Ki is what we are relying on to protect us from strikes and falls and also what we extend when applying technique. However, when True Ki is diminished Wei Ki withdraws to support Nutritive Ki.

In order for us to have strong Wei Ki it is important for us to replenish our True Ki through eating the right foods and practicing proper breathing techniques.

Those of us, who like to go non-stop until we are sick or injured, have depleted our True Ki to the point we are relying on the Pre Heaven Ki which once gone is gone forever, and this is death.

Therefore, eat right, practice breathing techniques and get plenty of rest. All common sense stuff your mother taught you from the beginning. It is important that we keep in balance so that we can get the most out of each practice we attend.

Either O'Sensei or Tohei Sensei stated that Ki is just Ki and none of this other stuff matters. So stay healthy, in balance, and move with intention. Remember, "Ki flows where thought goes," so move dynamically and with purpose. It's all about intention.