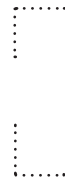


KINOKAWA AIKIDO  
PO BOX 205  
EMMAUS PA 18049-0205



### UPCOMING EVENTS

Sat & Sun, Sept 26 and 27th, 2009  
Fall seminar  
(changed from the 19/20th)

Saturday, October 17, 2009  
Fall open training day

Saturday, March 20, 2010  
Open training day

Saturday, April 17, 2010  
Spring seminar (tentative)

Saturday, July 17, 2010  
SportsFest demonstrations

### SUBMISSIONS

We welcome news and information! Please send submissions to:

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>



合氣道  
A I K I D O  
K I N O K A W A

### FALL SEMINAR AT THE BRYN MAWR DOJO

Saturday: September 26th, 8am to 1pm, and 4pm to 8pm

Sunday: September 27th, 8am to 11am, 12pm to 3pm

Where:

1020 W Lancaster Ave, Bryn Mawr, PA

<http://www.kinokawa.org/dojo/brynmawr/>

- there are no fees for this seminar
- testing will be Saturday afternoon
- 8 to 8:30 both days will be led stretching and warmups

As always, the seminar is open to everyone. All are welcome to attend, train, or simply watch. We encourage you to bring your children, spouses and friends.

The unusual times of the Saturday sessions respect the other groups which are also using the dojo that weekend. (The Bryn Mawr dojo is a collaboration of 3 different martial arts sharing the practice times and space.)

### THAT'S NOT AIKIDO

by Kyle Olinger Sensei

It's been a long day and you're walking towards your car, or the train station, thinking about the day's events, and what you have to do tomorrow, or when you get home yet tonight. You notice the sun is setting earlier again, and that it'll be dark by the time you get home. If you could've gotten out of the office, gym, dojo, or wherever it is you're coming from, just fifteen minutes earlier you wouldn't have to face the rush hour traffic or overly crowded train. "Hey buddy you got a light?" "Where'd this guy come from," you think to yourself as you are now standing face to face with a young man in his late teens or early twenty's. Not wanting to be impolite you instinctively start patting your coat and trouser pockets while telling the kid "No, I don't smoke."

That's when it happens. You hear, more than feel, a smack on the side of your head. The world starts spinning and going black. The next thing you know someone is standing on your neck, someone else is kicking your ribs, and yet another is going through your pockets taking everything valuable that you have on you. You hear the sound of running feet and laughter at your humiliation. Your head is throbbing now. You're having trouble breathing from the pounding your ribs

have taken, and you're thinking to yourself "What the hell just happened?"

As a police officer I must have taken a thousand reports of assault or robbery similar to this story. As a bouncer at a night club I witnessed this type of assault sometimes multiple times in an evening outside the club in the parking lot. The truth is this is the kind of attack most people face out in the "real world" and this is true for trained martial artists as well as untrained people.

I like the Mixed Martial Arts (MMA) events on TV and Pay-per-View just like the next guy, and I also enjoy searching through the You Tube type websites to see what other Aikido schools are practicing. What annoys me, however, is when I allow myself to scroll down and read the comments left by other viewers who obviously understand nothing to very little about Budo, Bushido, or even realistic street attacks.

Inevitably someone will comment on the internet aikido demonstration with "That's not aikido." "The MMA is the only real martial art out there." "Get in the cage and see if that crap works," and "That attack sucks; no-one attacks like that."

I can't change the world's opinion about this sort of thing, but I would like to suggest to anyone who may read this that technique, or a combination of techniques does not make up Aikido. I went on to You Tube and actually found some video clips of our own Hanshi Wirth. I only found one that had any comments about it, and of course, I happened to be the Uke in that video. What were the comments you ask? Mostly what I've written above to include comments about how Sensei is too relaxed, there's no formality, and he wouldn't be able to deal with multiple attackers in that relaxed state.

Of course I got upset, "how dare anyone criticize my sensei and, much worse, my attack." What's important, however, is that you, dear reader, understand what, and what not, Aikido is.

Aikido is a way of being. That is what the "do" in aikido translates to. It is about being present to yourself and the world around you. It is about training yourself to be in that relaxed and present state of mind despite what goes on around you, and being able to function in the face of chaos on all levels, i.e. Body, Mind, and Spirit. It is not a set of techniques.

Aikijutsu is a combat method based on sword technique. It is a highly effective



## UPCOMING EVENTS

Saturday and Sunday, September 26th and 27th, 2009  
Fall seminar

Saturday, October 17, 2009  
Fall open training day at the Bryn Mawr dojo

Saturday, March 20, 2010  
Open training day

Saturday and Sunday, April 17th and 18th, 2010  
Spring seminar  
(the date for this seminar is tentative)

Saturday, May 15, 2010  
Open training day

Saturday, July 17, 2010  
SportsFest XIV demonstrations

way of defending yourself. We, in aikido, use Aikijutsu technique's to attain a higher state of being not just in combat but in daily life. The Kinokawa way (Kinokawado) is to use realistic practice to keep our standards high. Aikido is, and must always remain, a martial art. That means being prepared for all things at all times, but it's the state of being during that attack that makes it aikido not the technique used.

Would a big overhand haymaker type punch work in the ring? Of course not. MMA fighters are highly skilled combatants and athletes. They are also mentally and physically prepared for the upcoming fight. They have rules to protect them and referee's to stop things if they go too far. It is a one on one fight and they are not wearing a suit, carrying a briefcase, feeling the effects of a few cocktails, nor preoccupied with the day's events.

Kinokawa Aikido trains on the Body, Mind and Spirit level in order to be prepared for the everyday attacks of life from rush hour traffic to the life and death assault no matter what technique is used. The techniques we use are a set of tools to be used to create a state of being within ourselves; the more efficient the tool the better the result. Understanding that, putting it into practice and living the life is what Aikido is.

Train hard.

## COMMITMENT FROM SENIOR INSTRUCTORS TO AIKIDO TRAINING

by JD Lepeta Sempai

The upcoming fall seminar is again upon us and during this event like so many before it there will be more dan testing. Seeing this reminds me that we should congratulate the individuals that tested for their dan ranks during the early spring 2009 seminar. While congratulations should also go to the many individuals that tested for their kyu ranks, I'd like to point out one very big difference between the dan ranks and kyu ranks that many people overlook.



Time! I'm talking specifically about the length of time it takes for someone to reach the first rank of shodan, let alone the higher ranks of nidan, sandan & yondan. Many people, especially the lower ranking students never consider this idea as we all nonchalantly go through our day and our training. We tend to just take it for granted that these individuals are around teaching and instructing. I think it's important to take a moment to realize that to reach these levels of expertise takes years of hard training, consistency and mental fortitude. Every one of these individuals has made sacrifices within their lives to continue their training. Each and every one of these higher ranks has not only gone through the physical and mental pain but has started a deeper more difficult introspective journey that could take the rest of their lives. We need only look to Hanshi Wirth as the main example of what I'm saying. I don't know anyone who's sacrificed more for this art that we all study together.

I'd like to extend congratulations to Cara-Michele Nether (Shodan), Jason Drott (Shodan), John McNett (Sandan), Mike Hillenbrand (Sandan), Craig Constantine Sensei (Yondan), Mesut Pervizpour Sensei (Yondan) and Kyle Olinger Sensei (Yondan). Thank you for your time, your dedication and the sacrifices you've all made to continue training and breathing life into the art we call Aikido.

