

## THE NATURE OF PRACTICE

Very often during class I'll have something to say, but I never plan to do so. I think that a demonstration, perhaps accompanied by spontaneous speech is always preferable to a logical presentation of prepared text when it comes to conveying the fine points. I'm not with you on the mat right now, so you may not find any of this relevant, but I hope you will at least consider what I have to say.

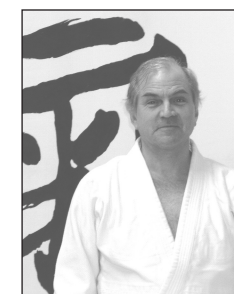
If you practice with us and your effort is consistent and heartfelt, you will come to notice that your life is being transformed. The engine powering this transformation is what Aikido calls Ki. It has many meanings, but what is relevant here is SPIRIT, experienced by you as CONSCIOUSNESS-ENERGY. Everything that is, is an articulation, a demonstration or expression of this spirit force.

Early in your practice you may have the feeling that you are working hard. Do so while you can. As the years go by you will discover that even when you're in the middle of what looks to others to be a very complicated movement, you feel like you're doing nothing at all, and it seems so simple to you. Your body's movement will become graceful, perfectly in sync with what is appearing before you. Your mind will become calm and clear, even with a thousand things spinning around you.

In just a few years you will have learned all the basic techniques common to Aikido everywhere and you will feel comfortable getting on the mat with anyone, anywhere you go. More importantly, you will get to know yourself on a very deep level and will rediscover a child-like delight in living every day. This flowering of the heart and mind is profound and wonderful, precious beyond measure.

Aikido is a powerful martial art, not only because it presents a distillation of the best of several others, but because it is Ki-centered, and although Ki works through the body, it is independent of the body's size and shape. Men and women, young and old can all practice.

All my best to you,  
Michael Wirth Sensei



### UPCOMING EVENTS

Saturday, March 15, 2008  
Open training day  
Sat/Sunday, April 19 and 20, 2008  
Spring seminar  
Saturday, May 17, 2008  
Open training day  
Saturday, July 26, 2008  
Demonstrations at Sports-  
Fest 2008

### 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>



## NEW DOJO – MAIN LINE BUDO

If you haven't already heard: Hanshi Wirth has opened a new dojo along the Main Line north-west of Philadelphia. In cooperation with two other martial arts and a yoga instructor, Main Line Budo is open for business and already attracting new students. The dojo is located in Bryn Mawr, close to Villanova University. Situated on the main street, the ground floor windows offer a great view of the practice area to the many people who pass by during the day and evening.



If you find yourself in the area, please stop in. Class times are Tues., Wed. and Thurs. at 5pm, and Sat. at 10am. The dojo's address is 933 W Lancaster Ave, Bryn Mawr, PA. For more information see <http://www.kinokawa.org/dojo>.



LtoR: Hanshi Wirth, Sempai Steve Butler, Sempai Chris Kulla

## NEW DOJO – AIKIDO WESTMINSTER

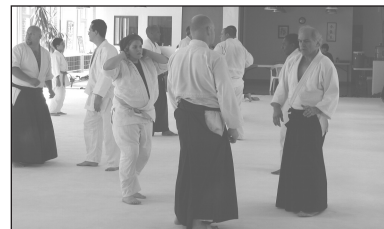
It is with great pride that we announce the opening of Sempai Steve Butler's and Sempai Chris Kulla's new dojo, "Aikido Westminster" in Westminster, Maryland. As students of Sempai Kyle Olinger, they bring a well-founded grounding in Kinokawa Aikido to their new venture. We wish them the best of luck.

See Aikido Westminster's website, [www.aikidowestminster.com](http://www.aikidowestminster.com) for details. The new dojo can also be reached via email to [aikidowestminster@hotmail.com](mailto:aikidowestminster@hotmail.com).

## FALL SEMINAR

by JD Lepeta

Thank you all for attending the Kinokawa Aikido Fall seminar. This was the last seminar to be held in the Allentown dojo and for those that didn't get a chance to attend, well, all I can say is that you missed out. The two days were absolutely beautiful. The turnout was large and the training was tough. Hanshi Wirth was again showing some of the latest ideas he's been working on. We had a lot of new faces and even some of the original students of Hanshi Wirth attended.



Congratulations to all those that tested during the seminar, Cara Michele Nether, JD Lepeta, James Gilsinn and Craig Constantine. Every test I watched I found more and more impressive. The strength of spirit and character instilled in the students by Hanshi Wirth and Sempai Olinger was clear in each test.

I happened to have had a conversation with someone who was a guest and who watched the seminar testing. This outside observer made a comment that I feel needs to be pointed out and repeated. They found it absolutely amazing that the people being tested could move with such quickness and ease but yet remain so controlled and safe. They said they found it admirable that the person getting tested was always so concerned for his or her partner's safety while yet clearly showing the technique to be quite effective for self defense.

I think everyone that attended the seminar will agree, Kinokawa Aikido is alive, strong and doing well. Thank you again to everyone that helped out in making this last seminar a reality. Thank you to all those that attended the seminar and also to those individuals that tested and showed that they clearly earned their spot that day. Thank you finally to Hanshi Michael Wirth for his many years of consistent and utterly unwavering commitment to Aikido and to passing it on to whomever wishes to submit themselves to the process. I'm sure I speak for many others when I say: I'm definitely looking forward to the next seminar. I hope to see everyone there and who knows, maybe we'll even have some more testing to go along with the next seminar.

