

Bu & Bun



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S. Lake Tahoe, CA

Co-Creative Vision of the Dojo

The heart of Aikido is co-creation. It takes two partners coming together to create the movement, the technique, and the moment. Uke & nage must simultaneously commit. It's okay that neither partner knows exactly where the technique is going, or what technique specifically will be done. Both partners have a shared vision that it will end safely, the conflict will be resolved and the ending clear. The stronger each person's belief in an easy resolution the more each person's physical body will line up to make that happen. Cooperation will be effortless; the goal will easily be attained.

The same goal can be attained if only one person holds the vision, but that person will need to expend much more energy. One person working on a large project will be consumed with details, the big picture, holding the vision and the intent of the project, and getting all the work done. If four people work on the same big project, it becomes much more manageable. If eight or ten people work on the project, it is accomplished easily and well. Everyone's personal energy expenditure is much smaller.

The dojo is now a co-creative community. That was part of our goal in becoming a nonprofit. This year, it has been considered to not do a big benefit dinner fundraiser. Instead, many of the students expressed other potential ways for the necessary income to come into the dojo: doubling the student body from 20 to 40 training, paying students, seeking grants, starting an adult beginners' class to more easily welcome beginning students, finding more outreach opportunities, etc.

Since these plans were voiced a few weeks ago we have had two very fun outreach classes: the girl scouts from Zephyr Cove, and Meyers Magnet School. Theresa Avance has stepped forward and started a new adult beginning class on Fridays with four new students so far. The class will be cotaught by Michael Hyllested. The Juniors' classes have been energized by having some of the adult students dropping in to assist. Taken one by one, these changes are fairly small. Taken all together, they are the beginning of a huge wave of positive growth.

I am asking each of the students and parents in our community to hold a vision of the dojo growing this year. Imagine your class or your child's class full of new faces, new potential friends. Imagine our community enlivened by new members with fresh ideas and bountiful energy. Imagine us doing demonstrations in each of the schools this year. Imagine summer camp hosting children from other Aikido schools. With twenty or more of us holding this vision and looking for opportunities to make it happen, this growth will happen easily and naturally. Please help our community thrive.

*We are now on the web: bluelakeaikido.org
Thank you, Gregory Geiger!*

New Adult Beginner Class
Fridays 6-7 pm

Theresa Avance, our resident shodan, has taken a huge initiative and started teaching a beginning adult class. This class is one evening a week, with the students also attending an ongoing class. The Friday class focusses strictly on basics: getting to the ground, different kinds of rolls, basic technique, etiquette, and other foundational stuff. All the students agree that it is nice to have a class devoted to beginners. We believe that this will make it easier for new students to begin training, and give them a solid knowledge of basics to build on.

This class will be cotaught by Michael Hyllested. The beginning class will be ongoing, and the teaching will rotate among the senior students.

Shingu Seminar

As some of you know, our teacher, Sensei Matt, and two of his students are in Japan for the first part of February. When he returns, he will be teaching an all day seminar focussing on the particular style of training done in Shingu. Cost is \$50 and you must call to reserve your space. We will be carpooling.

Black belt/brown belt Classes

Every second Saturday of the month thru 2007, there will be a black belt/brown belt class in Sacramento. They run from 10:30-12:30 pm. Half of them will be taught by Sensei Matt and half by visiting instructors. All black and brown belts from this dojo are strongly encouraged to attend. This class will really allow you to work at a higher level and get to know the yudansha down there. There is no fee for Sensei Matt's classes, but please be mindful to tithe.

Women's Class

The third annual Women's Aikido Seminar will take place on Saturday, March 10. This year it is in Santa Cruz, since it has outgrown the Heart of San Francisco dojo space. We will be attending, and probably spending the night. If you are interested, please let Sensei Jen know as soon as possible.

Donations

We have received three very generous donations in the past month. The most surprising one was a \$50 credit on our gas bill. Thank you to our anonymous angel!

Outreach

We are looking to increase our visible presence in the community this year. We would like to do two outreach events each month. So far we have hosted the Girl Scouts of Zephyr Cove, and gone to Meyers Magnet School morning enrichment program. Both times we had a lot of fun sharing Aikido with the kids. We also put up a big informational display in the lobby of the library in January.

If you know of an opportunity for a demonstration, free class, display, etc., please let us know. We are always excited about sharing Aikido!

"Iron is full of impurities that weaken it; through forging, it becomes steel and is transformed into a razor-sharp sword. Human beings develop in the same fashion."

--OSensei