

Bu & Bun



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S. Lake Tahoe, CA

“Practice what you preach” is how the adage goes, but how often do we do as we say? In Aikido, it’s of the utmost importance that we support our system of belief, through shugyo (diligent training) on *and* off the mat. It’s wonderful that while we’re in the dojo we interact in harmony, but in order to allow the world to really experience what we have to offer, we must act accordingly in all situations. Each confrontation presented to us is an opportunity in which we can train.

I’m a child care worker in a group home for troubled teenage boys and each day I work I’m steeped in a potentially hostile environment. I’ll be the first to admit that I loathe confrontation, but during my time as “staff” in the child care industry, I’ve realized how much easier life is when we simply embrace confrontation, learn whatever lesson it has to offer, and then move on. I’ve found that avoiding the given situation prolongs the agony because life invariably throws that same lesson at us again, and again, and again... until we finally do something about it!



Steve Bell, Morgan Montoya, and Sensei Mark at the SLT Library Demonstration on March 2nd, 2007.
Photo courtesy J. Manninen.

A few weeks ago I was in a situation where one of our kids became physically and verbally abusive to staff (me and my partner) and some of the other kids in our house. The situation escalated to the point where my partner and I had no other options but to physically restrain the individual. Originally I was concerned with one or more of the other kids sympathizing with the disruptive individual and then acting upon those feelings, but fortunately for us, that wasn’t the case. Interestingly enough, upon resolution of the incident and for the remainder of mine and my partner’s shift (another 3 days), there was an uncanny sense of unity within our house.

Neither I, nor my partner could’ve predicted the outcome, but that wasn’t really on our minds. We were actually thinking more of the ramifications had we not entered the conflict. We had great concern for our safety and that of the other students, but mostly we wanted to ensure the well being of the the disruptive child. I believe the reason for everyone’s cooperation and courtesy during the days following the incident was a direct result of the students witnessing mine and my partner’s “correct hearts.”

The point of this story isn’t to highlight heroics or boast of bravery but to illustrate that Aikido is all around us. If Aikido is our path we must acknowledge it in all its forms and if our dojo is to grow, that is, if Aikido is to expand, it can only be done by providing the world quality role models.

-Jared Manninen

In your training do not be in a hurry, for it takes a minimum of ten years to master the basics and advance to the first rung. Never think of yourself as an all-knowing, perfected master; you must continue to train daily with your friends and students and progress together in the Art of Peace.

-O Sensei



Morgan Montoya applying sankyo on Sensei Mark during the SLT Library Demonstration on March 2nd, 2007.
Photo courtesy J. Manninen.

Snow Day Reminder:

Please keep in mind that if the Lake Tahoe Unified School District (LTUSD) declares a snow day and cancels school that Blue Lake Aikido will also be closed. You can call the dojo (530-544-0202) after noon to check the answering machine for confirmation of its closure. Also, for those that attend morning classes, if it's snowing heavily early on, chances are that neither Sensei will be in to train.

Required Reading:

The book titled In the Dojo, by Dave Lowry, will soon be required reading for all blue belts and higher. There will be a meeting in the near future to discuss a group order of the book through Neighbors Bookstore, as well as the expectations Senseis Jen & Mark have regarding the assignment.

Upcoming Events:

- **WOMEN'S AIKIDO SEMINAR** Taught by Linda Holiday Sensei, Penny Sablove Sensei and others from 9:00am - 4:30pm, **March 10th**. The cost is \$50 (includes lunch). Call 831-423-8326 for more information.
- **JUNIOR'S WINTER CAMP** Taught by Senseis Jen & Mark on **April 20-21** (Friday Evening and all day Saturday). The cost is \$100. Please see Senseis Jen or Mark for more information.

March Birthdays:

- Vic Lyon, 3/10
- Nick Gibson, 3/21
- Michael Hyllested, 3/26

Editor's Note:

As part of my further commitment to Aikido, and specifically the dojo, I've taken over duties as the newsletter editor. I would appreciate any feedback that you may have regarding it. There are a handful of ideas that I would like to exercise, but it's *our* newsletter so let me know what you think!

-Jared Manninen



Morgan Montoya applying kotegaishi on Steve Bell during the SLT Library Demonstration on March 2nd, 2007.
Photo courtesy J. Manninen.