



WELCOME

Welcome to *Masa Katsu* (Victory with Honor) the Official Newsletter of Lake County Aikikai.

Please consider *Masa Katsu* a resource for news and information. It will be distributed electronically on a quarterly basis in April, July and October.

Included will be Lake County Aikikai news, events, training opportunities at other Aikido Schools of Ueshiba and contributions from fellow Yudansha-Kai and Aikikai members. If you are interested in contributing to *Masa Katsu*, please forward your contribution to Pat or Christine Weyand at patweyand@wi.rr.com or christineannweyand@yahoo.com.

Please also visit the Official Lake County Aikikai Website at lakecountyaikikai.org. The site was recently redesigned and includes information on everything from the History of the Lake County Aikikai, Class Schedules, Rank Promotion Requirements, Test Forms, Merchandise Order Forms to Basic Terminology and much more.



SEMINAR WITH IKEDA SHIHAN – Tony Kazarian

Several members of the Lake County Aikikai attended the seminar with Ikeda Sensei that was hosted by Lisa Tomoleoni Sensei at the Aikido Shimboku Dojo in Lake in the Hills, IL on Friday, December 4, 2009 – Sunday, December 6, 2009.



Ikeda Sensei is the Founder and Chief Instructor of Boulder Aikikai, Inc., a non-profit school of Aikido in Boulder, Colorado. He currently holds the rank of 7th Dan through Mitsugi Satome Shihan and the Aikido World Federation (Hombu Dojo).

On Saturday, there were approximately 50 Aikidoka of all ranks in attendance, from dojos as far as Missouri. The Saturday seminar may be summarized as focusing on one single thought: “connection”. Ikeda Sensei stressed the difference between “connection” and technique. He stated that even with very good

technique, without a connection to your partner, the technique might fail when your partner is significantly larger or stronger than you are. However, with a connection, your techniques will be effective with partners of all sizes. He emphasized being in touch with your Ki as vital to making a connection to your partner. In addition, practicing connection daily is as important an exercise as practicing physical technique.



By practicing and establishing a connection with your partner, you, as an Aikidoka, will be able to take your partners balance and, in doing so, make your technique effective. “When connection becomes automatic,” says Ikeda Sensei, “you will not need strength or speed” to effectively neutralize a conflict.



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Much of the day was spent learning to feel a partner's Ki – then centering yourself and directing your own Ki to take your partner's balance.

In addition to the concept of using connection to take your partner's balance, Ikeda Sensei also stressed the role of a uke. "If uke is not honest, then you are not practicing Aikido", said Ikeda Sensei. It is important that uke attack with intent and safely resist so that nage can make a connection and blend with their partner and properly take the balance of uke.



In attendance from Lake County Aikikai were Chuck Kazarian, Tony Kazarian, Kevin Schinagl, Charles Tseng Sensei, Jim Carr and Patrick & Christine Weyand.



We all found this experience very informative and think it is an important training development tool.

We encourage all Lake County Aikikai to participate in internal and external seminars as they are held not only to support ASU, but to gain experience by training with partners from other schools. This seminar was extremely useful, fun and a memorable training experience.

On behalf of the Lake County Aikikai, we thank Ikeda Sensei for the training and for Tomoleoni Sensei for hosting the seminar.



FOURTH QUARTER 2009 IN REVIEW

Fall Semester Testing 2009

Congratulations to all students who tested on December 16!



For the entire photo album of Fall Testing 2009 and other events, please visit www.lakecountyaikikai.org.





JAPANESE GARDENING

–Jeff Scanlan

I have been growing Japanese Maples for years because of their variety and color. The average size is 15” to 20”, but over half are less than 8”. These trees are great for landscaping small areas that need color. I have six (6) trees rated for zone five. It is important to purchase trees for the right zone or climate. Unfortunately, the real neat maples are for one zone warmer. It is very frustrating to see a tree not make it through the winter. Look for small or young trees. They like morning to noon sun and dislike hot sun in the afternoon. They are cheaper and transplant better.



Japanese Maples are fairly easy to grow and there are many books on the subject. The biggest pitfall is trying to control the growth and

shape of the tree to your perception of what it should be. It has taken years for me to learn that nature controls these things. People who practice AIKIDO and trees have some things in common. Like a tree, you cannot control one’s growth or shape. You can only hope that nature will be kind and that you can find a good pruner like Sensei!



To learn more, visit essenceofthetree.com.



NEW YEAR’S RESOLUTIONS WITHIN THE DOJO

– Stefano

Moving toward something doesn’t mean you have to leave everything else behind.

Everyone has different and unique qualities that carry through into every aspect of their lives, and, in some cases, will unknowingly touch the lives

of people around them. Like a stone that is deliberately thrown into the water, the ripples echo outward—reaching out and connecting with everything in its path until it slowly dissipates into itself once again. We all need to draw positive experiences from the things we encounter. It can only benefit ourselves, enrich our lives and offer to others the rippling effects of healthy “Ki”. By moving forward and opening ourselves up to new experiences in our personal lives as well as in the Martial Arts, we will not only benefit personally, but, ultimately the deliberate effects of our open mindedness will extend beyond ourselves echoing out and (hopefully in a positive way) touch the next person waiting to become the beginner again. It is truly ironic for me personally that when I was a child I always wanted to achieve the status of a Black Belt. Now as an adult, I long for the purity of the beginner’s mind. We have all arrived on the path with our own uniqueness and one solid similarity – we all arrived to grow and mature.





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DOJO ETTIQUETTE

The beginning of a new year and a new semester is a good time to remind ourselves that the study of Aikido is more than learning good physical technique. Proper behavior and having good manners are lessons just as important in training.

Dojo etiquette is a reflection of the spirit of Aikido. It is caring for your dojo, your Sensei, your fellow students and yourself.

BOWING

It is proper to bow in the direction of O'Sensei's picture, the shrine and/or the front of the dojo when entering or leaving the dojo.

Bow to your partner when beginning or ending practice. Bow to Sensei or Yudansha when receiving individual instruction in class.

ATTIRE

Please remove all jewelry prior to class including any watches, rings and/or earrings. If you wear a gi, you should change in the locker room prior to taking the mat. It is considered disrespectful to come to class already wearing your gi. Women should wear a shirt under their gi top.

CLEANLINESS

Please make sure your feet are clean before stepping onto the mat. Shoes are not allowed on the mat. It is important to also keep your finger and toe nails cut short for safety purposes.

COURTESY

If arriving late to class or leaving early from class, sit in the seiza position at the edge of the mat facing the front of the dojo and wait for Sensei to invite you onto the mat or excuse you from class.

Avoid sitting on the mat directly in front of or with your back to the picture of O'Sensei on the shrine.

Address the Chief Instructor of the dojo as *Sensei* at all times within the dojo (the Lake County Aikikai Chief Instructor, Charles Tseng, is referred to as *Sensei* both on and off the mat). When any black belt or Yudansha leads the class, please address him or her as *Sensei*, as well.

LINING UP / "BIG CIRCLE" TIME

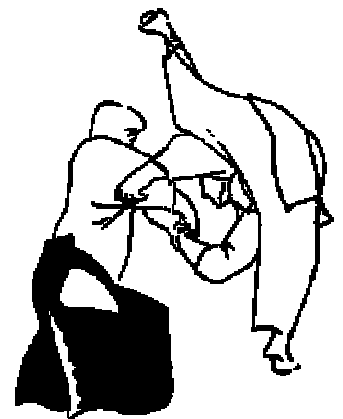
When bowing in or out and when sitting in the big circle at the end of class, line up by seniority. Higher ranks line up from right to left when bowing in or out and sit on the far right side or close to the shire during "big circle time" at the end of class.

SAFETY

Do not sit with your legs stretched out. Either sit in seiza or cross-legged. Do not bring food, gum or beverages onto the mat. If you bring water keep it well off of the mat with the rest of your belongings.

TRAINING

When receiving personal instruction during class, sit in seiza and watch intently. Bow formally to the instructor when the personal instruction is finished. When the instructor is instructing another, you may stop your practice to observe and learn, as well. Sit formally and bow when the instructor has finished.





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LAKE COUNTY AIKIKAI MERCHANDISE

GI'S

Karate - Heavy Weight

(100% Cotton)

Size 01-07 \$53.00-\$61.00

Judo

(100% Cotton)

Size 01-07 \$49.00-\$56.00

(add \$5.00 for white judo gis)

BELTS

Belts \$5.00

PATCHES

ASU Patch \$10.00

Club Patch \$7.00

T-SHIRTS

NEW

Bodhi (Blue or Green)

M-XL \$15.00

XXL \$17.00

VINTAGE

30th Anniversary (3 Only)

M \$15.00

Club Patch (1 Only)

XL \$15.00

WEAPONS

Tanto \$8.00

Jo \$15.00

Bokken \$15.00

All items may be ordered by contacting Jim Carr, Treasurer, via email at jim.carr@sbcglobal.net or via mobile at 312-375-3380.

CLASS SCHEDULE

MONDAY

3:30PM - 4:30PM

Children's Class

Location: Vernon Hills YMCA

8:00PM - 10:00PM

Adult Intermediate Class

Location: CLC

WEDNESDAY

3:30PM - 4:30PM

Children's Class

Location: Vernon Hills YMCA

8:00PM - 10:00PM

Adult Beginner's Class

Location: CLC

FRIDAY

8:00PM - 10:00PM

Adult Advanced Class

Location: CLC

LOCATIONS

The College of Lake County

19351 West Washington Street

Building 7, Room 706

Grayslake, Illinois, 60030

847-543-2046

Central Lake YMCA

700 Lakeview Parkway

Multi-Purpose Room

Vernon Hills, IL 60061

847-367-6797

ymcalakecounty.org/centrallake

ASU MEMBERSHIP

DUES REMINDER FROM

TREASURER, JIM CARR

ASU Membership is for the calendar year beginning January 2010. ASU Dues should normally be paid in November or December for the following year. Kyu Dues are \$35 and Yudansha Dues are \$75 per year. Kyu Rank Certificates are \$40. There are a few individuals who still need to turn in dues for 2010. Please turn them in as soon as possible.

Those testing for rank in ASU should maintain a membership with ASU. If your membership has lapsed, you will be asked by ASU to bring your past membership years up-to-date before ASU issues another certificate of rank. Please contact Jim Carr if you would like to bring you ASU membership current. Thank you!

CONNECT WITH US

Lake County Aikikai Officers

President

Jeff Scanlan

Vice President

Greg Pieper

Treasurer

Jim Carr

Secretary

Janice Matthies