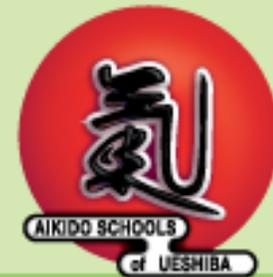




MASA KATSU

Lake County Aikikai
College of Lake County

Established 1975



LAKE COUNTY AIKIKAI 35th ANNIVERSARY CELEBRATION



-Yu's Mandarin & Szechwan

Please join us for Lake County Aikikai's 35th Anniversary on Saturday, November 13, 2010 at 8:00PM.

The banquet will be served family-style. The cost is \$20 per guest for dinner. Drinks may be purchased separately.

Payment is due to Jim Carr, Treasurer, by October 29, 2010. Payments may be made at any scheduled CLC class. If you are unable to attend a class, alternate arrangements may be made by contacting Jim directly at jim.carr@sbcglobal.net.

Yu's Mandarin & Szechwan Cuisine
200 E. Golf Road
Schaumburg, Illinois 60173
847-882-5340
yusrestaurant.com



SEMINAR WITH HIROSHI IKEDA SHIHAN

Lisa Tomoleoni Sensei will host Hiroshi Ikeda Shihan at the Aikido Shimboku Dojo in Lake in the Hills, Illinois November 19 through November 21, 2010.

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).

Registration for the seminar is \$120 for all three days or \$35 per class.

Pre-registration is required. Please contact the Aikido Simboku Dojo at 847-458-9309.



-Ikeda Sensei Seminar 2009



THANKSGIVING SEMINAR WITH SATOME SENSEI

The annual Thanksgiving Seminar with Satome Sensei resumes this year at Chicago Aikikai in their new location November 26 - November 28, 2010.



-Mitsugi Satome Shihan

The fee for the seminar is \$150. Registration is limited, so talk to Tseng Sensei if you are interested in participating or watching.

All students are encouraged to attend ~ there is no cost to view the seminar.

For more information, please visit chicagoaikikai.org.

Chicago Aikikai
1444 W. Chicago Avenue,
Second Floor
Chicago, Illinois 60642
773-935-2334





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GRAND OPENING LIONS MARTIAL ARTS



Congratulations to Stefano Loffredo Sensei for opening the latest dojo affiliated with Lake County Aikikai.

A special dedication class was taught by Charles Tseng Sensei on September 7, 2010. Stefano's own design skills and craftsmanship was involved in building out the dojo.

Special rates are being offered to College of Lake County students interested in additional training opportunities. Classes are Tuesdays and Thursdays from 7PM-9PM. The visiting mat fee for the first class is FREE. After that, it is \$55 for eight weeks. Or, pay per class.

For more information or to register, visit lionsmartialarts.com.



SECOND QUARTER 2010 IN REVIEW Spring Semester Testing 2010

Congratulations to all students who tested on May 12, 2010!

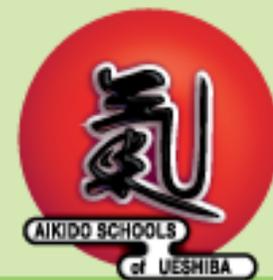




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The entire photo album of spring 2010 testing is now posted to lakecountyaikikai.org under Photos/Media. Visit often, as photos/videos other events will soon be posted, as well.



MASA KATSU

Like what you read and see here? Interested in making a contribution to *Masa Katsu* (Victory with Honor), the official newsletter of Lake County Aikikai?

We are always looking for Lake County Aikikai news, events and contributions from fellow Yudansha-Kai and Aikikai members to include. If you are interested in contributing to *Masa Katsu* or would like more information, please contact Pat or Christine Weyand at patweyand@wi.rr.com or christineannweyand@yahoo.com.



The Theory of “Connecting” and Martial Arts Training

– Stefano Loffredo

Many articles have been written about the concept of “connecting” and “blending” with one’s training partner through the practice of martial arts. Most of us view this principle as the art of using our arms and hands, to extend ourselves physically in order to make the “connection”.

It is an interesting concept to think about when challenged with the theory of connecting – when, in reality, we are never really unconnected. Our feet touch the same ground, our lungs breathe the same air, we sustain our bodies with the same organic material from the very same planet that we are all touching and connected to. So, it may be proposed, in this light, that it is our perception of the things and beings around us that becomes disconnected, not our bodies.

Now the challenge becomes, how are we to conceptually re-connect? If what we are essentially doing is taking our awareness to a higher level by tuning in to all things around us,

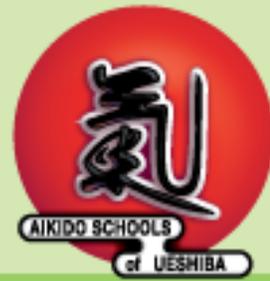
then perhaps we should increasingly expand our minds and spirits, not just our bodies. Our “ki” already exists and envelopes all things around us – yes, even our training partner.

Given this new perspective, we may view things in a different light on and off the mat and challenge ourselves to avoid becoming un-connected. When we go about our daily lives we should try to remind ourselves that we are truly connected as one. Life is a wonderfully complicated balance of experiences and challenges that give us new opportunities to grow and develop as people and martial artists.

A tree’s strength lies in the roots connecting it to the earth, not its girth or mighty branches. What appears and thrives above the earth is only the outward show of the unseen sustaining it from below.

Just a fleeting thought, every now and Zen...





Unbendable Arm – The Mind / Body Connection –Tony Kazarian



Aikido focuses more on using an opponent's energy and power of correct mindset rather than on punches and kicks. Applied to life, it shows how force often leads to force returned, while relaxation can often be stronger. As an important part of "ki" development, the "Unbendable Arm" shows how a change in mindset accomplishes this in real life.

For Aikido, "Unbendable Arm" is helpful for conserving energy and momentum during mei ukemi and is an important tool to help soft block or redirect strikes and can be extended to holding weapons such as the bokken correctly. When you relate Orenai (Unbendable Arm) to proper mei ukemi, forward rolling breakfalls, or to the Aikido techniques of

Kokyu Nage and Irimi Nage, suddenly the reason for projecting the ki into the arm takes on a greater sense of reality and practicality, which actually helps the Aikido student better focus their ki, since they understand there is a practical reason why.

A common description of how to demonstrate "Unbendable Arm" begins with a focal point at some point beyond your fingers. Extend the arm in a natural position, and use your mind to imagine that your fingers are actually touching the opposite wall. As our Sensei often explains, in your mind your arm becomes longer and much more difficult to resist.

Physically, "Unbendable Arm" can be better understood by tensing the triceps while completely relaxing the biceps. The biceps are used for bringing the forearm closer to the body, while the triceps are used to extend the arm. Imagine a push-up where the muscles used are the extension muscles, not the contraction muscles. The same muscles are employed when pushing a lawn mower. A similar principle applies to "Unbendable Arm" – by tensing the triceps and relaxing the

biceps, in concert with a relaxed mindset of extension, you learn to cultivate your "ki" extension through your arm and finger tips to make your arm unbendable.

"Unbendable Arm" is not strength – it is a relaxed state of extension. When "Unbendable Arm" is employed, your body becomes bigger and more circular – a key principle of Aikido movement.

The "Unbendable Arm" in this context of proper whole-body movement helps the student blend their ki with that of another and harmonize with that person towards an outcome that is consistent with O' Sensei's message of unity.



–Image Designed by Tony Kazarian





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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

TUESDAY

7:00PM - 9:00PM

All Levels Age 16+

Location: LMA

WEDNESDAY

3:30PM - 4:30PM

Children's Class

Location: Vernon Hills YMCA

8:00PM - 10:00PM

Adult Beginner's Class

Location: CLC

THURSDAY

7:00PM - 9:00PM

All Levels Age 16+

Location: LMA

FRIDAY

7:00PM - 9:00PM (New Hours!)

Adult Advanced Class

Location: CLC

SATURDAY

9:30 AM - 1:00PM

Weapons, Open Training or Seminars

Location: LMA

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

LIONS MARTIAL ARTS

155 Wicks Street

Grayslake, Illinois

www.lionsmartialarts.com

CONNECT WITH US

Lake County Aikikai Officers



Sensei / Chief Instructor

Charles Tseng

President

Jeff Scanlan

Vice President

Greg Pieper

Treasurer

Jim Carr

Secretary

Janice Matthies