

Shunpukan Spirit

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Flyers are now available for distribution!

Beginners Mind

Fresh mind, clean mind, new mind! All these are about the same thing. Beginners arte always fresh and full of eagerness. As we develop, we sometimes forget how long the road we travel really is. But each step is also a new and exciting one...if we approach it that way. It is easy to feel stale, when we do the same things day in and day out. That's why we need to make a mental adjustment at times.

Forget the past! Look at things with the eyes of a baby. Search within your technique for something that you never realized was there. For example, how many times is your arm in the "Kamae" position during a technique? How many times are you *not* in "Kamae" during a

technique.

Been away for a while? Join us for the dojo clean-up on October 26th! Help us start fresh, and get your yourself back into the "dojo mind"!

Summer is over! The dark nights of winter will soon be upon us. In the meantime enjoy the fresh splendor of an autumn evening training yourself back towards your goals.

We welcome you back to the start of your training! Just as we renew ourselves each class. Sometime the hardest part of training...is just showing up!

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Fall Changes

With the weather change, and the falling leaves, comes other hidden changes. Slowly the season of growth turns into the colours of fall. Its especially good at this time to clean out the dojo, clean our dogi's, and re-commit to training. School, work, home activities (raking leaves!!!) all are reasons that we let up on our training. And while the ultimate goal is to grow better each class, it is only through consistent on-going efforts every opportunity that allows us to realize

growth.

Each person will do what they can Some can train daily. Others are lucky to make it once to twice a week. The key is to try and do what you can, when you can, while you can.

If there is a time that you would like to see classes, let Alan know. Can't make the regular class, but are free during the day? Come to a day class. We are there to help you when you can.



Special points of interest:

- Dojo Fall Cleaning October 26th 2003
- Shinboku Kai – Friendship Night, to follow shortly
- New Schedule for Fall on back
- Aikido Pictures wanted...please contact the office



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Dojo Fall Cleanup

Our Fall Cleaning will take place this year on Sunday Oct. 26th, 2003 from 1:00 – 4:00 p.m.. As always we would like as many students, family and friends, as possible to help clean the dojo. The more help we have, the faster and better the job that can be done! Contact Alan for further details.

Fall Schedule!

Class times effective October 18th 2003

Monday, Friday:

7:30 p.m. – 9:00 p.m. All Level Class

Tues:

1:00 p.m.—2:30 p.m. All Level Class

P.M. TBA

Weds:

6:30 p.m. – 7:30 p.m. Children's Class

8:00 p.m. – 9:30 p.m. All Level Class

Thurs:

1:00 p.m.—2:30 p.m. All Level Class

7:30 p.m. – 9:00 p.m. Advanced Class & IBM Club

Sat:

9:30 a.m. – 10:30 a.m. Children's Class

Sun:

9:30 a.m.—11:00 a.m. All Level Class

Reserved for Mailing label

IBM CLUB?!?

We welcomed some new activities and students this month at the dojo! New arrivals include the New IBM Club. Started with support from Khoa, we welcome some new members who are work at IBM. They will be training on Mondays and Thursdays only. This is a special group plan that is meant to provide new students to the dojo, while allowing for group participation form one source.

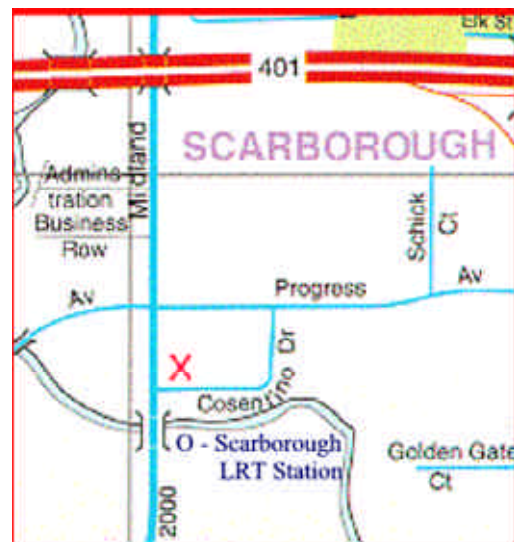
If you are interested in forming such a group, please let Alan know. We can accommodate almost any situation in some way. Plans are being considered for a women's only class, jodo classes, as well as self-defence classes for women as well as for kids.

In the meantime please give a warm dojo welcome to these new "computer geeks". In the first class they all managed to do quite well for beginners! they should easily come up to speed and join the regular class for technique training.

Kids Korner

As always, September brings in new faces as well as the departure of some of the older ones. Welcome to our newest additions Emily, Maysen and Gregory. Keep up the hard work and smile while you practice.

Be sure to tell you friends about us! The more students you bring in, the more friends we make. The more friends we make, the more fun we have. Feel free to bring your friend in for a free class! Just make sure to tell Alan before you bring them. We need to make sure we have enough assistants whne they visit.



Feel free to drop by to visit us.