



Mushin no shin Aikido



News Letter 09/09

Hello everybody!

I never thought I'd be writing a newsletter again but, I thought, there's so much happening that I'd just email a short one out. I hope none of you mind!

Well, what can I say? I think we're all surprised by how well the club has taken off! We have 10 registered members already. Last week saw a total of 21 people training on the mats, 22 in the last half hour as a certain spectator decided he'd like to try it out. Hopefully, we'll be seeing him again at the next session! ☺

Our badges finally arrived and I must admit look good. I have one on my gi now, as does Sempai Paul and Sensei Julian (I hope!). We sold four on Tuesday but we still have plenty left so if you'd like to sport a mushin no shin aikido badge on your gi then please grab one from me, they're a measly £2.50 each! ☺

The mats we had seemed to be quite slippery and some of us found the sensation on the feet a little odd. Also, they appeared to be a bit 'firm' which some people felt a little uncomfortable with. This week we took delivery of 45 replacement mats! They may look the same but they're slightly different. They are smoother for a start so should be less noticeable on the feet to the more sensitive Aikidoka (like me!). They also feel less slippery and slightly 'less firm'! You can test these out at the next session.

The website has now been updated and a couple of new menu options have appeared. Firstly, we now have a syllabus page available so you can see what you need to achieve to be graded. The syllabus' are also available for you to download so you can peruse them offline at your own leisure.

Secondly, there is a course coming up in November and details may be found on the website. I've written a small page where those who intend to attend can add their names. The sole purpose of this page is to give us some idea of numbers interested in going and hopefully give us the chance to organise some transportation between ourselves. I think car sharing is the way to go. The course is in Canvey Island, Essex, and isn't a million miles away. It also doesn't start until 2:30pm which means we don't need to leave at 6 o'clock in the morning to get there in plenty of time. Don't worry, there's no pressure on anyone to go, it's entirely up to you. I'll be going! :p

If you have any comments about anything mentioned in this newsletter, or have anything you'd like to say at all about aikido (or anything else for that matter!) then please register yourself on the forum on the website and write away!

Hope to see you all there on Tuesday

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