

AiShinKai Just for Fun

November 6, 2010

This is the first of what is conceived as a weekly publication by Dr. Bannister addressed to the AiShinKai. It is intended for laughs, stimulation, and to promote conversation and the enjoyment of Japanese martial and cultural arts in our community.



Hero of the Week

Morihei Ueshiba (1883-1969) was one of history's greatest martial artists. He founded the most modern of Japanese martial arts, **Aikido**, and earned the title "O-Sensei (Great Teacher)" from his followers. Aikido is noted for its profound non-violence and elegant solutions to the challenge set by Ueshiba to use the principles of Ai-ki, or spiritual harmony, to realize the fallacy of violence and create one human family.

Here is a quote from a little book of his inspiration sayings, called *The Art of Peace*:

The Art of Peace begins with you. Work on yourself and your appointed task in the Art of Peace. Everyone has a spirit that can be refined, a body that can be trained in some manner, a suitable path to follow. You are here for no other purpose than to realize your inner divinity and master your innate enlightenment. Foster peace in your own life and then apply the Art to all that your encounter.

Martial Arts Joke of the Week



Remember our motto: "use his weight against him".

The Shogun gave a reception to honor the best swordsmen in Japan. All the top samurai were in attendance along with Court nobles and beautiful geisha. A geisha approached the third highest ranked swordsmen and asked; "Sir, can you demonstrate your sword skills for me?" At once, the samurai drew his sword and cut a hovering fly in half. "Very impressive", said the geisha. When she saw the samurai who was the second highest ranked swordsmen in Japan she asked him the same question. He immediately drew his sword and cut two pesky flies in half. "Most impressive", said the geisha. Then she spotted the samurai that was the highest ranked swordsmen in all of Japan. "Honorable Sir", she said "would you be so kind as to demonstrate your sword skill for me?". The samurai drew his sword and cut into the air in the direction of a nearby fly, but the fly buzzed away. "Oh, so sorry you missed", said the geisha. "But I didn't miss", said the samurai humbly "that fly will have no offspring."

(This story is a classic - origin unknown)

Challenge of the Week

Kids

Answer all 3 questions correctly to earn a sweet and a pat on the back.

See Bannister Sensei if you think you have the goods.

1. How old is the martial art of Aikido?

- 25-50 years
- 50-100 years
- Impossibly ancient

2. What does the title “sensei” mean?

- Teacher
- Gone before
- Master

3. What does the term “dojo” mean?

- Gym
- Martial arts club
- Place of the Way

Adults

*Answer all 10 questions correctly to earn a sweet and a pat on the back.
See Bannister Sensei if you think you have the goods.*

1. What does the word Iaido mean?

- Quick-Draw Sword Way
- Harmonious Posture Way
- One Sword Way

2. What country does Savate originate from?

- France
- Belgium
- Spain

3. Pugilism is another name for...?

- Pankration
- Sambo
- Boxing

4. Bruce Lee founded which martial art?

- Jeet Kune Do
- Hapkido
- Tang Soo Do

5. What Japanese word means form?

- Bunkai
- Shuto
- Kata

6. Kung fu refers to...?

- a Chinese martial art
- many forms of martial art
- a movie genre

7. Eskrima comes from which country?

- Phillipines
- Thailand
- Cambodia

8. Capoeira incorporates...?

- Wrestling
- Dancing
- Judo

9. Ancient Greek Pankration is similar to modern...?

- Mixed Martial Arts
- Professional Wrestling
- Kickboxing

10. What is Israel's national martial art?

- Pencak Silat
- Systema
- Krav Maga

Good Budo!

Dr. Jonathan Bannister, Ph.D./Ma.D.Sc., *Founder & President*

AiShinKai