

# *AiShinKai* Just for Fun

November 13, 2010

*How many Aikido sensei does it take to change a light bulb? Only one, but the bulb has to attack first!*



Hero of the Week

**Tesshu Yamaoka (1836-1888)**

**One of the most famous samurai of the Bakumatsu period who played an important role in the Meiji Restoration. He is also noted as the founder of the Itto Shoden Muto-Ryu (No-Sword School) of Japanese swordsmanship. A master of Kendo, lay Buddhist preacher of extraordinary power and influence, and a prolific Shodo calligrapher who brushed more than one million pieces in his lifetime. Tesshu was demonic in his training habits, yet supportive and kindly to all in need of aid. Chamberlain, advisor and teacher to the Meiji emperor, he was instrumental in negotiating the peaceful surrender of Edo castle to imperial forces. He remains an inspiration to martial artists of all persuasions, especially those pursuing sword arts. A scroll by Tesshu hangs at AiShinKai headquarters.**

Here is a quote from John Stevens Sensei's biography of Tesshu, *The Sword of No-Sword*, (Shambhala 1994):

*The basis of true training in swordsmanship [ and Aikido, as well! ] is to forge the spirit. Our primary purpose is to face our opponents without the slightest opening (suki) in our defense. What is an "opening?" "Opening" means wishing to stike the opponent while avoiding being struck by him. Such a thought is deluded. Originally, the mind is thought-less like a bright, unclouded mirror. However, when one delusive thought arises, a shadow appears; when a shadow appears, the mind is clouded. When the mind is completely clouded, nothing can be reflected. When confronting an opponent, thoughts of striking or being struck indicate ignorance and illusion. Do not even think of standing vacantly in front of your opponent. Maintain the principle of [no-mindedly] dodging strikes and avoiding thrusts and you will lack nothing. This is a natural, marvelous principle. Do not use discriminatory thought and total victory will be yours. Everyone must realize this marvelous principle. -Februrary 8, 1882 ( p.130)*

Martial Arts Joke of the Week



## Challenge of the Week

Answers to last week's quizzes are at listed below

*Kids - There were no entries by kids last week.*

*Come on, give it a try!*

*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. What is the style of Aikido we practice called?**

- AiShinDo
- AiShinKai
- AiShinRyu

**2. Who was the original Founder of Aikido?**

- Musashi Miyamoto
- Ueshiba Morihei
- Kano Jigaro

**3. What does the term “kokyu” mean?**

- Breath
- Timing
- Heart

*Adults - There were no winners last week. See the answers below:*

*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 Aikido mean?**

- Harmonious Heart Way
- Harmonious Power Way
- Harmonious Spirit Way

**2. What is Shin-Soe-Tai?**

- Heaven-Earth-Man
- Heart-Supported-Body
- Lower leg bone-Bottom of your foot-Men's neckwear

**3. Who was Bannister Sensei's first Aikido teacher?**

- Tohei Koichi
- Maruyama Shuji
- Ikeda Hiroshi

**4. What philosophy gave rise to the Gojo (Toku no Gojo)**

- Bushido
- Confucianism
- Buddhism

**5. What Japanese word means strong?**

- Sugoi
- Suyoi
- Kigurai

**6. The word Zori means?**

- Swordsman
- Perfection
- Footwear

**7. Ichi-Byoshi-no-Uchi means?**

- One attacker-One strike
- Hit in one time
- One strike-One defense

**8. Shihan means?**

- Master
- Head instructor
- President

**9. Iaido traces its roots to whom?**

- Hayashizaki Jinsuke (Minamoto no) Shigenobu
- Nakayama Hakudo
- Yagyū Munenori

**10. Why are parties so important in martial arts?**

- Rehydration
- Make friends
- Hear sensei stories

Good Budo!

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

*AiShinKai*

Answers - 11/6/2010

**Kids**

**How old is the art of Aikido?** 50-100 years. Aikido in its modern form was created in 1927.

**What does the title Sensei mean?** Gone before.

**What Does the term Dojo mean?** Place of the Way.

**Adults**

**What does the word Iaido mean?** Harmonious Posture Way

**What country does Savate originate from?** France

**Pugilism is another name for...?** Boxing

**Bruce Lee founded which martial art?** Jeet Kune Do

**What Japanese word means form?** Kata

**Kung fu refers to...?** A Chinese martial art

**Eskrima comes from which country?** Phillipines

**Capoeira incorporates...?** Dancing

**Ancient Greek Pankration is similar to modern...?** Mixed Martial Arts (MMA)

**What is Israel's national martial art?** Krav Maga