

# TACOMA AIKIDO

## CLUB

Founded 1979



# NEWSLETTER

February 2009

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### Shikko

The entry on shikko in Kisshomaru Ueshiba's *"The Art of Aikido Principles and Essential Techniques"* recently caught my eye.

Shikko (knee walking) is a formal way of showing good etiquette. In old Japan's society shikko was used in religious ceremonies and in samurai culture. Etiquette is an important part of Aikido and is used in everything we do. For example, we bow to show respect to our training space, teachers, partners and weapons. The founder of Aikido, Morihei Ueshiba, believed that etiquette was essential. He also believed that techniques done from your knees were more appropriate to his art form than other ground fighting techniques.

Performing techniques in a seated position is different from other ground fighting styles such as Judo. Usually they throw and lock their opponents on the ground but in Aikido we finish most of our techniques by walking on our knees. Using shikko to perform techniques on the ground will promote strong muscles in your lower body and enhance your balance. When knee walking, you are moving from your hips which is very important for standing

techniques. With continued practice and a fair share of sore and battered knees, shikko techniques translate into more powerful and graceful standing techniques.

In conclusion, not only does shikko have deep roots in Japanese culture and help develop strength, it's a symbol of good etiquette. When first learning shikko it is hard and confusing.

Many beginners and even experienced aikidoka lose their footing and their balance. Hang in there, eventually Sensei will clap his hands and give the order to stand. Don't worry, the pain will subside and the blood will return to your legs. You will be surprised by how much easier you can move because shikko has helped improve your techniques. *Lydia Myers*

### Shihan's Students Demonstrate Aikido for Emperor

Isoyama Shihan (left) was invited to explain aikido to HRH Emperor Akihito and HRH Empress Michiko of Japan and their visitors HRH King Juan Carlos of Spain and HRH Queen Sofia, when the Emperor and Empress visited Tsukuba city last November. Shihan's students demonstrated aikido, and Shihan had occasion to talk with the Emperor – a significant honor.

For information on Isoyama Shihan as part of Tacoma Aikido Club's lineage, see our restored website: <http://tacomaaikidoclub.com>





*Sensei Mike is always stressing the basics. One of our new students is getting a first-hand feel for the unbendable arm. Using the unbendable arm as a teaching tool helps students get a feel for the basic energy use while doing aikido techniques.*



*Sensei Mike demonstrating ikkyo, one of the first techniques in aikido, from a shomen attack, stressing good posture and form from start to finish. Sensei is using the catching exercise and his whole body to get his uke off balance.*



*Who are these guys? Help us identify them. Just kidding. Tom as nage, and Randy as uke, are working together on a breath throw (kokyū nage).*

## Class Schedules

### Adult (12 and up)

**Tuesday** 8:00 pm – 9:30 pm  
Group Exercise Room  
Independent warm-up before class

**Thursday** 7:30 pm – 9:30 pm  
Gymnastics Room

**Friday** 7:30 pm – 9:00 pm  
Gymnastics Room  
Independent warm-up before class

### Saturday

*Jo/Bokken*  
8:30 am – 10:00 am  
Gymnastics Room

*Aikido*  
6:30 pm – 8:30 pm  
Group Exercise Room  
Emphasis on techniques for testing

### Children (5 and up)

**Friday**  
5:15 pm – 6:15 pm  
Group Exercise Room

*Advanced*  
6:30 pm – 7:30 pm  
Dance Room

## Dojo Website Back In Operation

Thanks to Sensei's unremitting efforts and in spite of unscrupulous Internet entrepreneurs, our website is back up. Go to <http://tacomaaikidoclub.com>

## It's Your Newsletter – Items Wanted

Polish your spirit by submitting thoughts, experiences, photos, opinions – about aikido and related topics. We'll do the spell check and production.

# TACOMA AIKIDO CLUB

Body – Technique – Spirit

<http://tacomaaikidoclub.com>