

**TACOMA AIKIDO
CLUB**

Founded 1979



NEWSLETTER

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**Tacoma Aikido Club in
Tanabe, Japan**

This October two members of our club flew to Japan to attend the 10th International Aikido Congress. This year's meeting was held in Tanabe, the birthplace of Aikido founder Ueshiba Morihei. Liane Sperlich and Scott Jarmon arrived to an exquisitely well organized event that was attended by 1200 aikidoka from all over the world. There were several training sessions available each day, with transportation to and from the venue. A list of restaurants with English menus was provided. And although the townspeople reportedly had not seen many foreigners, they would point at visitors with a smile and say "Aikido!"

The training sessions were taught by prominent senseia from Hombu Dojo and from all over the world. Scott and Liane were impressed by the cooperative effort, the friendliness of the aikidoka, and the emphasis on safety. Certainly the highlight of the week was the afternoon taught by Isoyama Shihan. Points he emphasised were getting offline and the use of the unbendable arm.

The IAF Congress was not only a wonderful opportunity to train in Aikido, but also a chance to spend time with

fellow travelers. The first day of the congress was the Ueshibe Morihei Memorial Ceremony on the beautiful grounds of Kozanji Temple, with a visit to the Ueshiba family gravesite. There was a hike along an ancient pilgrimage route in the Kii Mountain Range that provided exposure to local culture and history. An evening lecture told the personal history of O'Sensei. The

coastal setting was beautiful, and the restaurants both delicious and entertaining.

Scott and Liane were accompanied by respective partners Melissa and Tom, and family friend Lorell. All of them enjoyed their adventures in Tanabe and rounded out the trip with visits to Kyoto, Tokyo and Osaka.

Liane Sperlich



Liane (left); Scott (right), and Isoyama Shihan displaying great form (center). The Congress was well attended, tho' with few Americans on the mat (below)



A Tale of Three Continents

My introduction to aikido was through my sister Fay, who trained with Bissonette sensei when she first visited Tacoma in 2000. After Fay returned to Turin, in northwest Italy, I decided to see what aikido was like . . .

While visiting Fay, I trained periodically with Fay's colleagues Monica Ghirardi (III dan) and Christian Andreotti (IV dan) in at Yuki Aikido in Torino, and to attend Aikiki workshops there. We all spent a (for me) terrifying week in France training with their technical adviser Christian Tissier (VII dan). Warm-ups were 280 sword cuts before class. Fay traveled with a Tacoma group to Iwama and Kashima in 2004, and trained with the Club whenever she visited Tacoma. Fay was nidan in both aikido and iaido at the time of her death in 2006.

My friendship with the Turin group has continued. In May, I attended Christian's Turin class: some of these people have been training in aikido for 30 years.

Christian also has a dojo in nearby

Alpignano with adult and childrens' classes – the day after my visit, they were going to test 26 youngsters. Monica teaches classes at Borgaretto. If you search *youtube* for *Yuki Aikido Borgaretto* you will find a clip of Monica's kids' demonstration – and a link to some fierce aikido from their colleague Nino Dellisanti. *Nina Rook*



Top: Age is no barrier

Left: Christian and Monica

Below: It works!



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

Promotions

Adult:

Fourth Kyu: Trung-Hieu Dang

Yard Sale Raises Over \$300

Our May yard sale was a great success: We consumed thousands of calories, emptied basements all over town, and even raised some \$300. Thanks to Hieu, Napoleon, Scott, Emily, Liane, Samuel, Mike, Shawn, Nina, and apologies to anyone we forgot to credit.



Liane, Shawn and Sensei sample the goodies; Sam waits for business to pick up



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Body – Technique – Spirit

<http://tacomaaikidojo.com>