



Budo Dojo <budodojoaikido@gmail.com>

May 2020 ASU Newsletter

1 message

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May 2020 ASU Newsletter

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The ASU Board:

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President's Corner

Recently there has been concern about what Winter Camp will look like in 2021. As I am telling people right now, "When I asked my crystal ball, it threw itself off the table and smashed into tiny pieces." Currently, the board is discussing the issue and will make a decision at the June board meeting. I wouldn't buy a flight to Tampa right yet. Even if we can hold camp in a physical location, I am perplexed for any safe way to do with social distancing while training, no matter how large the space. In case anyone says this virus is like the flu, they are kidding themselves. The flu can be prevented from spreading when you know you are ill and stay home. Someone asymptomatic with the virus could come to camp and infect everyone there. There is no way to prevent that. Just remember three years ago when someone brought a lung infection to winter camp that took months to clear. That was a piece of cake compared to the virus.

As soon as the board makes a decision, the dojo-cho will be informed and it will be posted on the ASU website and Facebook page.

Take care and stay safe,

Wendy Whited

ASU President

wendy@asu.org

Using Social Media

Mark Miller from Nashville and a team of techno folks are creating a set of videos to help dojo-cho use social media more effectively. Keep an eye on your dojo-cho e-mail for the third video in the series.

International Panel

Linda Holiday Sensei from California is participating in an international panel on what Aikido has to offer to a world in crisis. It will be held this Sunday May 17th at 10-12 Pacific time. (11-12 MT, 12-1 CT, and 1-2 ET after that, you are on your own.) It sounds like it might be of interest. Contact me at wendy@asu.org if you are interested and I will send you the link when I receive it.

Zoom Classes

There is a wide variety of Zoom classes being offer by various teachers on many interesting topics. Check out the ASU website under board communications for a list. E-mail me if you attended a class by a teacher that inspired, amused, or made you sweat. I am looking for ways that Aikido teachers are using Zoom to keep people training.



At the Shrine Photo by Wendy Whited
Look familiar? I vaguely remember doing this once upon a time.

The Daily Aiki Challenge

"How do I do a challenge with my students or other people?" you are asking yourself. It is not as hard as one might think. I have been doing daily challenges with my students and a few other folks for the last six weeks. It starts on Sunday when I make a list of the activities we can do (Monday - Saturday). Five of them are physical and they shouldn't take more than five minutes to do. These can range from "Win bokken kata # 7 five times" to "Do Shomenuchi to munestuski ten times". One day is a non-physical activity such as "Watch a video of Saotome Sensei for five minutes. Tell me why you want to do Aikido like Sensei when you grow up" or "Read a page of any Aikido book. Tell me the most important idea." There are no right or wrong answers. Everyone reports when they have done their activity for the day. Also, there is the "Big Challenge". It is usually something that is open-ended, such as: make up your own six count kata, change the ending of an existing kata or check in with an Aikido friend you haven't talked to in a while. If the challengers complete all of the tasks and **report** each day for the week, they are entered in to raffle. The winner gets a small Japanese item that can fit into an envelope and I mail it to them. Not only is this fun for the students, but it makes me feel connected and less isolated every time I get an e-mail (or video) of them reporting that their assignments are completed.

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