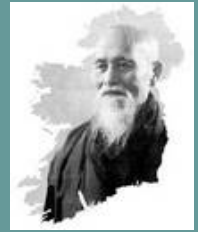




# Water Oak Aikikai Shimbun



Volume 2 May 006

## New Students at WOA

David D'Agostino



David and his family have moved to Charlotte from Westchester, NY. He is a Shodan with over 14 years of Aikido training including 4 years at New York Aikikai with Yamada Sensei. He is a welcomed asset to our Dojo and a lot of fun to train with. Please be sure to say Hello.

## Welcome to Our New Students!

By Jason Colvard

We have many new faces in our school, which pleases me very much. I wanted to take the time to personally welcome all of our new students, and provide some encouragement to them. I know at times, especially in the beginning, that aikido can seem to be overwhelming in its complexity of movements, to the point of being confusing. Trying to coordinate several different body parts to perform different movements at the same time can be quite confusing to the new aikido student. But that should not discourage you, as even those of us who are senior students started at exactly the same place. Learning aikido does not happen overnight or in a few weeks or months. It is only through much practice and training that the aikido student begins to put the pieces together, and becomes able to develop a harmony of motion with feet, hands, arms, legs, and center all working together. Each time you learn something else, some new piece, that builds on what you learned before. The important thing is to keep training, have fun, and enjoy the ride!

I would also like to thank everyone whose training has been a part of my training over the last few months, including our newest students. Without your training and support, my recovery from a major injury would not have been possible.

## Special thanks to the Members of Water Oak for helping to remove the windows

Every Year at Water Oak we take a few minutes to adjust our school with the seasons. Last Weekend we removed the dojo Windows and let the cool spring breezes blow in. For all of you who were here last summer you know how important these breezes can be. Thank you all very much for your help

## April Testing

Congratulations to Jason for completing his 2nd Kyu testing requirements and to Ian and Jordy for completing their first technique demonstration. Way to go, super job !

## AOC Seminar June 10th

June 10th is Aikido of Charlotte's 17 Anniversary seminar. Everyone should plan to attend this event to support AOC. The training will be great and lots of fun.

## Calendar of events

When	Where
May 18th	Thursday Night Class canceled <<<
May 21st	Regular class is being held but no testing this month.
June 4th	Please plan to attend this class early. The dojo will be used for a Girl Scout campout on Saturday night and I am sure it will need some cleanup.
June 10 <sup>th</sup>	Steve Kaufmann, 6th Dan Shidojin at <a href="#">Aikido of Charlotte's</a> 17th Year Anniversary seminar (Please make your calendars for this it is in town.
July 29th-Aug 3rd	Summer Camp If you are considering attending this it is a great opportunity to advance your training and improve your aikido as well as meet other Aikidoka from all over the country and world



## Nature at Our Dojo

Spring is here and with spring comes pollen. When we removed the windows we added pollen. Towels are available in the basement bathroom under the sink to wipe down the mats before class. They can be hung up on the bamboo pole available next to the dojo. Thanks for all your help with the cleaning of the dojo before each class.

## Call for help

The dojo needs your help. Rocks are needed for the completion of the water feature and several other planned projects around the dojo. If you would like to help bring rocks from the creek to the dojo please let Brenda know. We can schedule a dojo rock day if we have the interest. Thanks for your help. Brenda

## Projects at Our Dojo



Brenda's next project will be to paint the pink shed brown. The pink shed was the kids storage room now it has been taken over by the dojo, Pink doesn't seem to be the right color. If you would like to help with this project contact Brenda.

This newsletter is produced by Water Oak Aikikai.

Students are asked to submit articles or ideas for articles.

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