

The Seidokan Communicator

Aikido for a Modern Way of Life

Kobayashi Sensei's Legacy (Part 1)

*By Larry Wadahara
Chief Instructor AIA*

On June 3rd, 2006 Kobayashi Sensei's ashes were interred in a crypt at a cemetery in Palos Verdes, California. Present were many of his old students and a couple of people whom he had never met, including Emily, Madison and Jocelyn Kobayashi (his daughter-in-law and two grandchildren). Mrs. Kobayashi read a Buddhist prayer while all of us offered red and white carnations to the picture, memory and ashes of Kobayashi Sensei. As I stood there with my wife and sons I thought about how thankful I was to have had the opportunity to learn under a great teacher and mentor. Although it has been close to twelve years since his passing, it does not seem like that long ago, until I look at my sons, fellow students, friends and family. Boy, have we all aged. There were also two young women there, that if it had not been for their parents also being there, I would never have recognized. The Kay sisters were two young girls barely in their teens when they stopped their practice.

As we all stood one by one in front of his picture and ashes offering a flower, a prayer, and our remembrances it was obvious that Kobayashi Sensei has had a profound influence on all of us present. I realized that his legacy is still being carried on by Mrs. Kobayashi, Michiyo Kobayashi, and all the other instructors and students of Seidokan Aikido past and present.

Many of us joined the Kobayashi family for a late lunch at a Chinese restaurant near the cemetery, As I watched his two grandchildren playing, I laughed as I was reminded of Michiyo and Hiro when they were little. Jocelyn the youngest wanted her sister's purple lunch pail, Madison did not have any problem giving it to her as she took her sisters pink lunch pail. I remembered that Hiro would often want whatever Michiyo had in her hand as a baby, Michiyo also would never complain as she handed it to him. Life has a funny way of coming full circle. I am sure that Hiro will have his hands full with Jocelyn.

I remember quite fondly one of the last lessons that Kobayashi Sensei taught. It was Ushiro Tekubitori Hanekaeshi. I remember him watching me execute the technique and telling me that it looked too easy for me to do the technique. I looked at him and shrugged my shoulder. He then told me to grab his wrist from behind. As soon as I did, my butt was on the ground. I felt nothing and did not know how he threw me. I quickly got

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up and asked him to throw me again. He did so with the same feeling. I asked him to throw another student, so I could watch what he did. I watched and tried to do what he did to me, it did not work. He laughed and told me I needed to practice some more. The lesson I learned that day was not to be satisfied by doing a technique well, but to continue developing, never stop developing the principles and their application to techniques.

As I sit here at the computer I also realize how important family is. Like family we have our squabbles, they are usually result of a perceived lack of attention from someone. We all have our problems and if they were gone some other one would take its place. As family we need to learn and remember the principles of the path to harmony with nature, and practice the art with an honest realistic and sincere attitude in all aspects of our lives. I will never forget Kobayashi Sensei and the profound impact he has had on my personal life. We all now have a place to go and remember him. The vases are small and do not hold too many flowers, but the memories will always be a great big bouquet of flowers that will continue to bloom.



Domo Arigato Gozaimashita Kobayashi Sensei (Part 1)

By Cliff Kamida

I never met Kobayashi Sensei. My Aikido practice began in 2003, almost a decade after his passing. I was honored to be invited to the service and dinner, to pay homage to a man that has touched so many lives. Sensei's service was simple and heartfelt, attended by his family, friends, students, and folks like me who never met him but whose lives were nonetheless changed for the better.

His presence still looms large in the dojo. Rarely does a class go by without a story or a quote of Kobayashi Sensei being used to emphasize a particular principle. My favorite story is of a student overly concerned with the footwork of a certain technique and asking to see it done again. Sensei obliged, except this time he performed the technique leaping in the air -- A very engaging way to emphasize the importance of a principle and not get tangled up with secondary concerns.

Every Sunday at 10am we watch the Kyu Arts video and practice. Even though I've watched the tapes dozens of times, I'm always impressed by Sensei's easygoing yet commanding presence. What impresses me most, however, is the visible joy he took in teaching aikido.

In the book *Aikido in America*, there is a chapter on Kobayashi Sensei that I've read a number of times. My favorite line of his describes the importance of spirit: "Keep at it! Don't worry. If you can't take a good roll in the beginning, that's okay! Just keep at it. And that way, if you keep at it it's going to be a part of you. It's better if it takes longer for you to learn something, as long as you try -- keep trying. Then it becomes a part of you."

It's that joyful spirit that keeps me coming week after week. Domo arigato gozaimashita!

The Bokken Shugyo Workshop

By Joseph LeGarreta
(Age 12) Victory Dojo, Reseda CA

On Sunday, New Years Eve, I went to the Bokken Shugyo workshop at AIA headquarters in Eagle Rock, California. I came with my father. When we arrived it was very cold. It was amazingly only 46° in the dojo! Shortly before the workshop began, we made a toast to the New Year. Next, we stretched. In fact, we did some interesting stretches. In one, we sort of squirmed around like fish fresh out of the water. Then we began the Bokken Shugyo, in which we do roughly 2000 cuts with a bokken to bring in the New Year. We each counted ten cuts, and went around the room ten times continuously. There were exactly 20 of us, which was a good number, because it was easy to keep count. Also people got to work on their counting, learning to count with ki. It was very long and by the end I think we were all tired out.

Overall, I think it was a great experience. One feels a real sense of accomplishment after finishing. I think anyone in Aikido should try it out at least once. It's a great experience!



Archival photo of
Kobayashi
Sensei with
bokken.



Thoughts on Bokken Shugyo, 2006

*By Douglas Leonard
Sandan, AIA Headquarters*

The time surrounding the turn of the old into the new year here at the Dojo is a time crowded with special activities. Instructors and students commit themselves to a higher level of service to the Dojo by participating in a day of cleanup and to challenge themselves with the rigorous training of Bokken Shugyo. Bokken Shugyo has arrived again. I've been practicing the kengi's with regularity over the past months, but with Shugyo looming on the horizon, I suddenly feel as if I'd never swung a bokken at all. Lots of practice to make up before the day.

Looking in the attendance book, I find that I'm not the only one eager to stretch and flex the arm swinging muscles. Instructors are logging in progressively larger numbers of practice cuts as part of their classes. At the beginning of December, Joe Crotty Sensei starts out with a modest 130 cuts, moves rapidly to 300, then 500 and ends with a big bang of 760 cuts. Myself, John Robertson and George Ishii parallel him with cuts recorded in the 300 plus range moving up to 500 plus. Will all this dedicated practice be enough? Will it be enough to see us through the anticipated 2000 cuts of the actual day?

Sunday morning, the 31st of December, 2006.

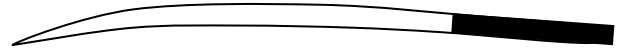
The clock / thermometer on the Dojo wall registers a brisk 46 degrees. After a sake toast led by Kancho Stewart Chan, followed by three "Banzai" cheers and warm ups, twenty stalwart Aikidoka toe the starting line, bokkens at Seigan-no-kamae. Together with Larry Wadahara Sensei, we raise bokkens to Jodan-no-kamae, and, at his count, we're off and swinging. Let's see, twenty swingers counting 10 cuts each makes 200 cuts per round, times 10 rounds and, Voila!, you have your 2000. My goal is to make each and every cut technically precise, targeted and realistic. I'm cutting down a line formed by the edge of the hanging scroll on the Shomen wall. I imagine that I'm scoring a microscopically thin cut just microns from the scroll's edge.

Two hundred cuts in, and I realize that my upper arm muscles are starting to burn with some pain. Man! This can't be happening! I've been doing way more than 200 cuts in practice without any discomfort. Adjustment needed! Let's see, if my arms are hurting it's got to be that I'm using too much arm muscle for the swing. Remedy: Get back to the One Point! I really start concentrating on moving from the center, breathing deep into the hara and expelling breath with calm force. When it's my turn to count, I concentrate on bringing the sound up from One Point with lots of Ki. I slowly raise my bokken, then use the force of the count as a trigger to release my whole body forward as my arms swing, from the center, into the cut. It's feeling good. I'm feeling connected and one. I tell myself, don't get too cocky. Just keep focused on centering, breathing and cutting. I tune into my fellow practitioners' counts. A good, clear, energy filled count spurs my energy. If the count is a bit weak, I send my Ki towards the person counting, willing them to energize. I

think about student Dana Wiley, who's participating in his first bokken shugyo. How's he holding up? I hear his count. Strong and getting stronger each time. Cool. He's all right

Halfway through and I seem to be operating almost thoughtlessly. Effortlessly. I begin to regret that the number of cuts remaining is getting less and less. I'm getting a bit nostalgic about those cuts we have made which we will never experience again as they float away down the river of time. We're down to 600 cuts, 500 cuts....Then, I start to get impatient. Let's finish these cuts off! Let's get on with it! Let's really dig in and dig down deep and put everything we've got into every cut! Let's shout out our count with every bit of voice and energy we can muster! I feel alive with glowing energy. Yahoo!

Now, all together, we shout out the count of the last ten cuts, ending with a full throated KI AII! The Dojo is trembling with the sound and energy. I wonder if pictures are falling off the walls in the Thai restaurant next door; if heads are jerking up in wonder at the tire store on the corner; if customers at the mall across the street are asking one another "What was that incredible sound?". For that brief moment, we are the center of the universe!



A Bokken Shugyo Experience

By John Ferri of Victory Dojo

My drive on the LA freeways to AIA's headquarters for the annual Bokken Shugyo gave me time alone to think. The Shugyo is something that I had meant to do for a while and finally have the opportunity. But what was I getting myself into? I did not know for sure, although I have heard the tales and description of the event many times in the dojo. Images from the movie "Cool Hand Luke" came to mind. A group of convicts chained together breaking rocks with sledgehammers on the side of a dusty road. Was this it? I shook my head, it couldn't be. Was this an endurance test or solely a time to polish Bokken technique? I was curious. After 2000 cuts, I would surely learn something today, but I didn't know exactly what.

The dojo was quiet that Sunday morning from the anticipation of the event. The mat was also cold, in the Los Angeles sense of the word, so it was cold enough to be uncomfortable with bare feet, but it was not unbearable. As the participants gathered on the mat, cups of warm sake were passed around, a tradition at the Shugyo as we were told. A toast! BANZAI...BANZAI...BANZAI...GULP! Mmmmmmm. Not a bad way to start this morning, not bad at all!

The Shugyo that I personally experienced on this day can be broken down into three parts. The beginning or "The Honeymoon" phase, the middle or "The Grind" phase, and the end or the "Home Stretch" phase.

Bokken Shugyo Experience *(continued)*

The “Honeymoon” phase of the Shugyo was very exciting as the experience is new. The sounds of the dojo, the various voices of all the familiar Aikidoists counting one by one, the feel of the bokken in my hands and the cutting motion of the group were fresh in my mind. As we finished the first round of cuts, I realized that there were 20 people on the mat. How fortunate, I thought, it will be easy to keep a track of the total count. My cuts are not exactly looking good, but feeling good nonetheless. At this point I am trying to relax, enjoy the moment, and focus on what Sal Hernandez sensei had taught me. I am happy to be a part of this group of brave souls and the feeling of oneness and of ki that is being projected. We are all in this together and having a good time. Life is good!

Somewhere in the middle, between 800-1200 cuts, I begin to tire. The novelty of the experience has certainly worn off and it became the “Grind”. It feels as though I am in the middle of a vast ocean with no land in sight. Too far from the beginning to remember what the beginning was like and too far from the end to even have any thoughts of stopping. I was in an emotionless state with my awareness of others in the group fading. I was becoming a bokken cutting machine. I still felt good, no muscle aches or other physical pains preventing me from easily losing focus, and so I used this opportunity to concentrate on my cutting form. My arms were just tired enough for me to really feel and see the variations in quality of cuts from various adjustments in posture, changes in pressure from my hands on the bokken, or tension and relaxation in the arms and abdomen and even changes in mental focus. I went through the principles of Seidokan Aikido, trying my best to apply them all together. I worked on internalizing the principles, trying to achieve dochu no sei. For me, this “Grind” was the heart and soul of the Bokken Shugyo. I even had a few revelations; this bokken cutting machine needs a lot more work and I now had lost track of the count!

Things quickly began to deteriorate around cut 1500. I heard a few bokkens slap against the wall. I was now unsure of exactly where we were in the count by at least a few hundred. I began to zone out and could not remember who counted just a few moments ago. My body was now feeling the effects of the continual cutting but it has become too engrained in the repetition that thoughts of not performing the cutting motion would be unnatural. My hands curled around the bokken were aching and stiffening. My initial mental picture of the Bokken Shugyo as a scene from “Cool Hand Luke” was coming to pass. It felt as though I had a sledgehammer in my hands! Finally the call for the last round came, the light at the end of the tunnel, the last 200 cuts. Crotty Sensei’s voice boomed out again, “Make every one count!” You could feel the ki as the group forced out the final round of cuts as if running the final mile in a marathon. This was the home stretch. There was plenty of anticipation for the end, and then it was all over. About an hour and thirty five minutes of repeated shomen cuts. I peeled my hands off my bokken and sat

down. Time had passed very quickly.

In the end, I certainly learned a few new things about the Bokken Shugyo. It is much more than I had originally expected. It was, at least for me, very interesting because of its dichotomy. It was a very personal experience within a supportive group practice. It allowed me time to reflect on the years past training and polish what I have learned while focusing on the present using the singular activity of cutting with the bokken. It was a chance to practice supporting the group with the projection of my own ki, while receiving support from the ki of the group.

It is well known that repeated practice improves technique, not only with Aikido, but with every field of study from science to the arts. However, with shugyo, there seems to be the added element of physical hardship involved. This is the part that develops the spirit. Experiencing the hardships of shugyo with a group, strengthens the bonds between us, and in doing so perhaps gives us the opportunity to develop our understanding of “oneness”. I feel that I have only scratched the surface of any true understanding of Shugyo. This brings to mind the question that Koichi Tohei sensei once asked Kobayashi sensei, “What is shugyo to you?” Kobayashi’s brilliantly succinct response, which was printed on the bokken Shugyo flyer, reads as, “It is to train myself hard until the fundamentals become a part of myself so that I can use them to help others.” This is a very noble and selfless cause. I hope to one day develop my understanding of the principles to the point where I can follow on that path.

As with all things in Aikido and with life in general, events need to be experienced to be understood. This is my first Bokken Shugyo of which I hope will be many more. I am very grateful to Stewart Chan sensei and all the instructors and members at the AIA for the opportunity to experience this “Shugyo”. Special thanks to Crotty sensei and Wadahara sensei for leading us on this journey of understanding. I have a long, long, long way to go. *Ces’t la vie.*



Kancho Stewart Chan helps students at Misogi 2007.

Victory Dojo Workshop with Andreas Hessing Sensei

By Chris Reese (Victory Dojo)

In our practice and study of Aikido, we learn many things ranging from the technical to the philosophical. But also in our day-to-day training, we are encouraged to step beyond what is routine and familiar to us. In this case, we are encouraged to support and attend the various workshops throughout the year – not only because the various workshops come once a year, but also because of the various instructors with innumerable years of experience, leading the workshops. I understand the importance of this encouragement you see. Weeks leading up to this particular workshop on October 28th, it had been stated several times by our Sensei at Victory dojo, “of class or the workshop, if you have to miss something, come to the workshop.” I went to both

Of course, being that this was the first workshop I had been to where Andreas Hessing Sensei had instructed, and since I actually had never met Hessing Sensei, there was a certain anticipatory feeling going on inside me – one drawn from not knowing what to expect. I found myself arriving before many had arrived, walking right past Hessing Sensei on my way to change in the dressing room. After I had finished changing, Aurora Sensei introduced me to Hessing Sensei. He was sitting quietly in a folding chair, contemplating whatever an instructor may contemplate minutes before he is to lead a workshop. I shook his hand and introduced myself, taking notice of his clean shaven head, and the thin-trimmed, blonde goatee that curled slightly under his chin.

As we’re performing stretches at the opening of the workshop, I did notice one thing that wowed me about Hessing Sensei. As we started the very first stretch, I noticed that he could touch the floor with his legs in front of him, his hands stretching over his feet! Really! With ease! Repeatedly! At will! No cheating! Wow! I don’t know about you, but that’s an amazing feat. Now I won’t go into technical specifics about what we did in the workshop for two reasons. First, nothing replaces being there. Have we learned nothing from Mr. Miyagi’s words? “Ohh, Karate?...Learn from book?” Or in this case, learn from Communicator? I don’t think so. You had to be there. But if you must have something, I guess I will indulge you by saying we spent some time working from Katatekosadori, focusing on the blend and the lead; a little bit of Jo Nage; and something I’m sure we all had fun doing – happo ukemi. Yeah, that’ll get you conditioned for some Randori. We’ve reaped the rewards of Happo ukemi over at Victory dojo, as it has now become a favorite of Sal Sensei. However, my thoughts about this particular workshop (and workshops in general), reflect on the opportunity to train with others that you don’t normally get to train with or see. It’s good to see and catch up with guys from headquarters. Personally, I remember meeting a lot of them when I was a white belt, back when Joe Crotty Sensei conducted a workshop over at the Victory dojo (yeah, I’m still training). Not only that, you hear about the other dojos and the

people that train there, that you have yet to meet. These workshops provide the “avenue” to meet, dialogue, and train with people, whom when you think about it, are very much like you, and share a lot of your interests. The past Thanksgiving workshop at AIA (head quarters) gave me the opportunity to meet for the first time, guys that train and instruct at the Headquarters and Palmdale dojos. In my opinion, that’s a big part of what these workshops are for – getting to know a little bit about others that train with you, making training more fun. Often the fun continues after the workshop is over. Such was the case after the workshop that Hessing Sensei had instructed ended, and a few of us decided to socialize afterwards.



Andreas Hessing Sensei at Dojo Workshop.

Aikido Applications to Party Behavior

By Bruce Fox

I had an aikido experience a few nights ago. I was in river camp, trying to sack out after a day of shepherding 30 river clients down the lower Kern river in Southern California. I had put out the campfire, shut off the propane, set up the coffee pot for the next morning, done my exercises, and had zipped up my sleeping bag. As usual, I was out, under the stars on the party tarp we put out on the volleyball pitch. But several of the heavy drinking clients were playing poker at the tables, not far away. This was loud poker. Must have been Aussie rules poker. But I was tired and drowsy, so I got in touch with the subconscious (as you can do at that drowsy time) and told it, "Loud drunken poker is an okay noise." With that, I was sound asleep very soon.

Loud drunken poker noise was okay, but guy taking a vigorous leak on a rock eight feet away, was not an okay noise. That woke me up. I spoke to him about the nearby portapotties but was completely ignored. He then proceeded to stumble on a nearby guide's gear and nearly fall on her. She told him it was okay. So she was awake

Party Behavior *(Continued)*

too. Probably had been the whole time I was sacked out. Reasoning that the breeze was carrying the smell away from us, I tried to go back to sleep. I didn't work. Four of the poker players were standing near the tables having a very loud and very drunk conversation. I counted to ten. I counted to ten, again. It was no good. If I was bothered, then the other folks trying to sleep on the party tarp were most likely all awake and bothered too. I was going to have to deal with it.

I got out of the bag, put my shoes back on, got my center, and approached the loud group. I stood there quietly and they noticed me. They talked to me. I answered calmly, deflecting complements, criticisms, and irrelevancies with equally even tones. I did mention at one point that the portapotties were good. After two minutes I could see them calming down. In five minutes of just standing there calmly, I had sucked all the energy out of their exchanges. They broke up, went up to the portapotties, and then sacked out. I had managed to wet blanket their loud little party with absolutely no aggression in just a few minutes. I sacked out soon thereafter. None of them remembered anything about the incident the next day, and we had a rocking fun day on the rapids of the lower Kern. That's aikido.

Aikido at Glassell Park

by Douglas Leonard

On December 16th, 2006, I stood beside a makeshift curtain stretching across the basketball court of the Glassell Park Recreation Center in Los Angeles. The park was celebrating the Christmas Holiday with a community breakfast accompanied by demonstrations from the various groups who gave instruction there. The ballet classes, cheerleading class, piano class, and others, were, one by one, giving presentations, to the sound of recorded music. These were being received enthusiastically by the audience of proud Mothers and Fathers, who photographed and videoed with a perfect lightning storm of camera flashes. And I, together with Nidan George Ishii, Gokyu Elio Medina, and my young student, Andrea Sanchez, stood by ready to give of our best in a demonstration of Seidokan Aikido principles and technique.

Several months ago, the park, lying about 3 0 or 4 miles Southwest of AIA Headquarters Dojo as the crow flies had asked AIA to provide an instructor in self defense. AIA Chief Instructors, Larry Wadahara and Joe Crotty Sensei's, emailed several of the udansha, asking them to consider taking the position.

My first reaction was: "I'm pretty busy right now. I don't know if I can give the time necessary to make a go of this." Next thoughts, coming in rapid succession, were: "Am I the right guy for this? Are my skills as an Aikido practitioner up to snuff? Am I a good enough teacher? Can I 'walk my talk' well enough to make a positive impression on folks who probably have no idea about Aikido?"

I had a lot of doubts. But after studying this wonderful art for over 17 years, I had been saying to myself: "Maybe now's the time to strike out and see what you can do outside of the warm environment of the home Dojo." It's fairly easy to nurture daydreams about 'What I'd do if I had my own Dojo.' Eventually, you've gotta go out and try it. So, enough of idle conjecture, says I to me-self, strap it on and "Commit!"

Over the course of the first couple of weeks at the park, I had five students show up for class. At the end of ten weeks, one student only remained, Andrea Sanchez. This youngster proved to be a diligent, adept, and a creative student. She not only seemed to grasp the concept of the Principles to Unify Mind and Body, but came up with wonderful images of her own to illustrate them. It was a joy to work with her.

I have to admit that, knowing that a demonstration was looming, I did "coach to the demo." a bit with Andrea. Please forgive. The best part of my experience on 'the day of', was the surprise attendance of Mrs. Kobayashi.

Her being there, in support of Seidokan Aikido, touched me deeply and heightened my resolve to make our demonstration worthy.

If I say so myself, who shouldn't, it went well. Andrea wowed 'em when George couldn't lift her. The first time she'd done unliftable body, by the way. Gasps and applause from the audience. I took big falls as she defended against katatori grabs with hijiotoshi defense. Believe me, she had real blend on her side. George and Elio demonstrated defense from yokomenuchi and ushiro katatatori kubishime. I shamelessly flaunted some technique from katatatori ryotemochi. Purely for dramatic effect. Thank God for good uke's!

Then, all these wonderful young children, after giving performances of a concentration and maturity of which any adult might be proud, with my young protégée at the head, stormed into a noisy, frenzied press to see, who else? Santa Claus! As of last Monday, January 8, 2007, I've got two new children to teach, another family has signed up their daughter, and I've had an enthusiastic enquiry from another Father. As the Irish say: "It was one by one that they built the castles".

Calendar

**Mark your Calendars!
Summer Camp 2007
will be hosted by the
Aikido Institute of America
from June 21-24, 2007,
held at**

California State University Long Beach.

**Information will be sent out the beginning of
February.**

Misogi Barai

By Michiyo Kobayashi

"Bzzzz!" Wake up at 5:45 a.m. Get ready for Misogi. Now...waking up at this hour is normal since I do it everyday for work, but since Southern California has been dealing with colder than normal temperatures in the morning and evenings, so it was r-e-a-l-l-y cold in the dojo. Talk about shugyo. I know....I know....folks in the mid-west and Northeast are saying..."Michiyo...what you're experiencing is just cooler weather...not cold." One must understand that when you're used to living in mild to desert like temperatures...35-45 degrees is stinkin' cold. ☺

I initially approached this year's Misogi with the usual thought..."ring in the new year and train with great people in our opening practice." I guess I sort of took advantage of the fact that I had been doing this for many years and in a sense went through the same emotions...you know...pain while sitting through Misogi, legs going numb, legs feeling like they were going to fall off, and legs completely gone during the breathing exercise. For those who are not familiar with Misogi, it is a purification process of cleansing out the mind and body added with the ringing of the bells and chanting "TO HO KA MI E MI TA ME."

This year was not "just another Misogi." The last half of 2006 had been rough for me at work in terms of challenging students and daily battles with school district officials. I was practicing my Aikido principles on a daily basis. Our three week vacation helped alleviate the stress that was built up, but it wasn't until Misogi when I felt completely rejuvenated. The chanting helped flush out all the bad that was built up inside of me and I felt refreshed. During the practice portion of our morning, I found myself smiling from ear to ear. The last time I smiled like that it was back in August. It felt good. It felt right. Participating in the Misogi Barai truly helped cleanse my mind, body and soul. I was ready to ring in 2007 with lots of Ki.

Right:
Kawakami
Sensei

Below: Migogi
Barai 2007 led
by Wadahara
Sensei



For your convenience we are enclosing the Seidokan Individual and Family Membership forms.

Seidokan Aikido Individual Membership Form

Please fill out the information below (preferably in block printing) and return along with your check or money order in the appropriate amount for your yearly dues to:

**AIA
8206 Hondo St.
Downey, CA 90242**

Please circle one:
Renewal New

Name:	Title: Ms., Miss, Mrs., Mr., Dr., other?
Street:	City:
State & Zip:	Telephone:
Fax:	E-mail:
Birthday:	Rank & Date received:
Dojo:	Instructor:
For office use only:	
Check / Money Order #:	Received by:
Mailings: #1 #2 #3 #4	Received date:
	Communicator: Emailed or US Mail

Seidokan Aikido Individual / Family Membership Form

This year Seidokan has again instituted family rates. At the top of this form fill in the information for a single individual or the head of the family. Below, fill in the information for additional family members. Use the information box to find your yearly dues.

Please check all that apply:

If this is your first membership year, please give month and year you joined your Seidokan dojo: _____

_____ Individual	_____ Family
Family Plan (circle all that apply)	
1st Member (any age)	\$30.00
Additional adult (age 13 and up)	\$15.00 each
Additional child (age 5-12)	\$10.00 each

Name:	Birth date: ___ M ___F	Current Rank:
Name:	Birth date: ___ M ___F	Current Rank:
Name:	Birth date: ___ M ___F	Current Rank:
Name:	Birth date: ___ M ___F	Current Rank:
Name:	Birth date: ___ M ___F	Current Rank: