



Ki-Aikidoschool Torii  
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## **Torii Newsletter**

### **Vacation**

The vacation is almost over and we are at the beginning of a new period. A period that is full of change, most outstanding of these changes is the start of regular classes in the new dojo. Toby Voogels sensei will be in charge of daily affairs.

The project at the Cederhoutstraat is however not completed yet. A block of buildings will be built containing, a house, dojo, guesthouse and office. We expect it all to be finished by the end of 2017.

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#### **1. Training schedule.**

#### **Pay Attention: Classes start on Monday 15 August.**

The training schedule for the new dojo will be:

Monday 20.00 – 21.30 ( T. Voogels )  
Tuesday 20.00 – 21.30 ( A. Voogels )  
Wednesday 20.00 – 21.30 ( C. Verhappen )  
Thursday 20.00 – 21.30 ( T. Voogels )

The alert reader will notice that the schedule contains an extra day of training. After a long time it is once again possible to follow regular classes with Toby Voogels sensei.

## 2. Seminars

- ✚ Sunday 11 September Instructor seminar dojo Cederhoutstraat (Schooling for instructors and assistants)
- ✚ Sunday 25 September misogi and weapons class.
- ✚ 8 and 9 October seminar with European instructors.
- ✚ 22 and 23 October seminar in Spain Toby Voogels sensei.
- ✚ 23 October misogi and weapons class.
- ✚ 19 and 20 November National ki-aikido seminar JBN/NCA.
- ✚ 13 November dan examinations JBN
- ✚ Sunday 27 November misogi and weapons class.
- ✚ Sunday 11 December seminar Hillegom with Toby Voogels sensei.

For the most up to date information on seminars please visit our website

## 3. Congratulations.

We would like to congratulate:

Eric Kathmann	2 <sup>nd</sup> Kyu
Daniela Wiesenthal	Shokyu and 5 <sup>th</sup> Kyu
Rudy Gruijters	4 <sup>th</sup> kyu
Daniël Khosseini	Chukyu
Louis van der Zanden	1 <sup>st</sup> kyu

We hope reaching a higher level will motivate the students to go for their next level with renewed energy.

## 4. Short Messages.

**In the old dojo there are still some slippers left. You have one more week to pick them up or let us know that we have to save the for you otherwise they will be put in a clothes container.**

Obviously moving will cause starting problems. One of these problems is parking space on our property. Due to circumstances these parking spaces are not yet finished. Cars will probably have to be parked outside the gate. We would like to warn you that it could be very busy in the Cederhoutstraat and therefore urge you to park on the parking near the football field.

## 5. Mind moves body

The concept of mind is often translated as “geest” (spirit) in Dutch. This is fine as long as we do not limit the idea of mind to thinking. The mind or “geest” has no physical characteristics such as smell or colour or weight etc. The body is subjected to the laws of physics and has its principles. The mind has its own principles to which different laws apply. A body can never move faster than the speed of light and always needs time to travel from A to B. the mind is there immediately when the thought arrives.

Can we make positive use of the principles of the mind? In a lot of therapies the mind is used as a pushing force. As an example, taken from psychology, in which you continuously have to tell yourself, “I must count to ten before I answer”, or “ I feel good and I am healthy”. In these case one tries to push the mind to change in order to change the body.

The mind offers us the possibility to be aware of our existence, to think about the how and why of life, to engage in relationships with others and our surroundings, and the life force so we can exist. The body supports all this and through our senses provides the mind with the necessary information. The body plays a supporting role and will follow the mind. The mind is not a pusher but a leader.

In other words: **Mind moves and body follows.**

So, let us have an open and positive attitude towards others including our surroundings and our body will follow this positivity.

Ad Voogels.

