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## Torii Newsletter

### Vacation

Although the Netherlands has a maritime climate with soft winters and cool summers, this year we have been able to enjoy tropical temperatures. Some spent their vacation in the south of Europe in order to cool off. But it all comes to an end, the vacation, the sweltering heat and the blissful laziness.

After four weeks we start to long for a continuation of our activities. What better way to do that than working together on the development of our mind and body?

That is why we wish everyone:

## A pleasant aikido season 2019/2020

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### 1. Vacation.

On July 13 we closed the season with cleaning the dojo and tidying the garden. So we will be able to start the next period with a clean sheet and a clean dojo. By means of the traditional BBQ we officially closed the season. Thank you all for your efforts.



## 2. Seminars.

- September 14-15, European seminar.
- October 21-26 HKF/EUKF seminar (Japan).
- October 27, Sokushin no Gyo, Jo and Ken.
- November 17, Youth testing day.
- November 23-24 National Ki-Aikido seminar.
- Nov / Dec 30-1 Seminar Toby sensei Valencia.
- December 7-8 Seminar Toby sensei Tuscany
- December 22, Sokushin no Gyo, Jo and Ken.

## 3. Congratulations.

We would like to congratulate the following people with their exams.

Tom Gruijters	5 <sup>th</sup> kyu and Shokyu
Peter Relouw	5 <sup>th</sup> kyu and Shokyu
Eric Kathmann	Jokyu
Birgitte Albertsmeier	Shodan

## 4. Short Messages.

- If you would like to write an article on your aikido experiences, mail them to [info@ki-aikidoschool-torii.nl](mailto:info@ki-aikidoschool-torii.nl).

## 5. Dualism.

About 14 billion years ago, with the creation of the universe, two opposing forces appeared. Opposite to light there is darkness, the opposite of black is white. We can continue with good and bad, day and night, love and hate, water and fire, masculine and feminine etc, etc. In the East they call this Yin and Yang, in the West plus and minus. There is no judgement, the one is not better than the other. These opposites are inextricably connected, the one cannot exist without the other.

This reminds us of the story of the fish in the water, which asks his teacher: “what is the sea?” The teacher answers that you cannot know the sea because you are part of it. But what would happen if a fisherman would catch the fish and pulls it out of the sea? If the fish is thrown back in, it has experienced the lack of sea, and thus gained more knowledge of its environment.

How do I know what daytime is when I have never seen the night? How can I know good when I have never encountered evil? To understand the world, these opposites are necessary. So, how can I get to know myself? These opposites are hidden in each one of us, we hate and we love, we speak the truth or we lie, we give and we take, we are social and selfish etc, etc.

The problem is that we see ourselves as the one who is nice, always speaks the truth, always gives, who is social etc.

Accepting the fact that we all have these opposites in ourselves is hard to do. But if you are able to do so, you will be able to get to know your real self and will experience personal growth.

If you want to change your surroundings, it is no use to fight fire with fire, you don't bring peace by throwing bombs.

**Be brave and accept the opposites in you.**

Ad Voogels.

