



Ki-Aikidoschool Torii
Cederhoutstraat 40
5706 XC Helmond
Tel: 0492-522441

Jaargang 25
Nummer 1
Januari 2023

Torii Newsletter

We wish everyone:

**Happy Holidays and a,
Happy New Year**



In this issue:

1. Holidays.
2. Invitation.
3. Everything seems to be getting back to normal.
4. Stages.
5. Congratulations.
6. Announcements.
7. The meaning of "Extending ki".

1. Holidays.

The end of the year is in sight. This means, some rest, some time for yourself and your immediate surroundings.

Therefore, the Dojo will be closed from:

Saturday, December 23 to Friday, January 6.

1. Invitation.

Dear members to celebrate Torii's 25th anniversary with you. Would like to invite you to take part in the festive stage on Saturday, 7 January, followed by a buffet.

The programme is:

13.00 to 14.30 Ki-Aikido.

14.30 to 15.00 Toast with goodies to a prosperous future.

15.00 to 16.30 Ki-Aikido.

17.00 to 19.00 Buffet.

We ask you to register no later than **5 January** in connection with catering.

Participation is completely free!

2. Everything seems to be getting back to normal.

What an eventful period we have had. We almost forget that we could only resume our training sessions from February onwards. With caution, though. This meant no misogi during weapons class. We asked members to stay home in case of complaints that could be related to covid.

Slowly, very slowly Torii is recovering from the effects of 2 years of covid.

We are grateful for the loyal members who continued to support us and did not cancel their membership. And we are happy to see enough new applications coming back to join us. "The swell is in the air" Olivier B Bommel would say.

Let us hope that the energy crisis will not throw a spanner in the works again.

3. Stages.

De komende periode gaan de weekend stages weer van start hieronder een opsomming tot augustus 2023.

7 January New Year training 25th anniversary

29 January Sokushin no Gyo, bokken, jo and tanto

24-26 February Three day intensive led by Toby sensei

24-26 February Ki-Winter intensive led by Olaf Schubert sensei

26 March Sokushin no Gyo, bokken, jo and tanto

2 April Multi-styles training in Hillegom led by Toby sensei
23 April Sokushin no Gyo, bokken, jo and tanto

6-7 May Curtis sensei Helmond
13-14 May Curtis sensei Stuttgart (Germany)
20-21 May Curtis sensei Terranuova (Italy)
27-28 May Curtis sensei Mataró (Spain)

25 June Sokushin no Gyo, bokken, jo and tanto

22 July Dojo Cleaning Day and BBQ
31-5 July/August Summercamp Wachtküppel led by Toby Sensei

23-24 September European seminar

4. Congratulations.

Since August, we have been able to admire some great exams. From this place we congratulate:

Joyce Altheer

Chukyu.

5. Announcements.

It's finally here. The textbook has been revamped. The new deluxe textbook consists of separate sections that can be kept in a binder with two rings. Each new member will receive the welcome section and the section preparing the programme belonging to "Shokyu". Then, after each ki exam, the candidate will be given the quire belonging to the next exam. Namely, Chukyu and Jokyu. In addition, we publish special quires with articles, facts and details concerning ki-aikido.

Separate quires that are not part of the regular teaching programme can be bought separately for € 9.95.

Should you wish to contribute to the newsletter, for example about your ideas about and experiences with Ki-Aikido and the Ki-principles. Then you can mail them to:
fam.voogels@kpnmail.nl

You can read the latest publications of Shinichi Tohei sensei on the English version of his Weblog: <http://www.shinichitohei.com/english/>

You can read the latest publications of C. Curtis sensei at: <https://christophercurtis.online/>

6. The meaning of “Extending ki”.

It is hard to realise that we create our own environment. Listen to music, what one person finds soothing is whining to another. Look at the interior design of homes, how differently furnished the living spaces are but the owner feels at home and secure there. Look at clothes

what one person finds appropriate is absolutely unwearable for another. The same goes for colours, for flowers and plants, for architecture, etc.

Our own preferences determine whether we like or like something, whether we can relax or get excited.

The impressions and stimuli that come to us from outside are interpreted by us and determine the image we have of our immediate environment. We create our own universe, as it were.

We call this the relative universe. The world that only you can know. If that image is negative, you are the only one who can change it.

Extending ki is constantly focusing attention on yourself and your environment and seeing where support is needed to change that image in a positive direction.



Ad Voogels.