

THE CANADIAN AIKIDO FEDERATION PRESENTS

CAF Virtual Aikido Seminar:
June 5–6, 2021

Featuring:

**HAYATO
OSAWA
SHIHAN**

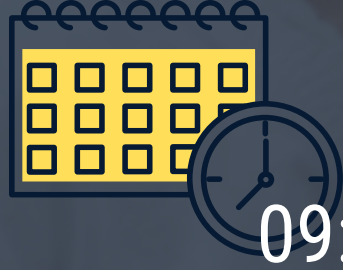
8TH DAN

FOR MORE INFORMATION OR TO REGISTER, PLEASE VISIT:
CANADIANAIKIDOFEDERATION.CA



SATURDAY JUNE 5, 2021: SCHEDULE

SAMEDI 5 JUIN, 2021: HORAIRES



05/06/2021

- 09:30* Orientation / Introduction
- 10:00-10:30 Class: "The Principle of the Door Handle" with **Michelle Lapointe Sensei**
- 10:45-11:15 Class: "Digging Into Our Primary Forms" with **Steve Erickson Sensei**
- 11:30-12:00 Class: "Aikido: Building and Nurturing The Whole Person For A Lifetime" with **Don Ragush Sensei**
- 12:15-13:15 Panel/Table Ronde: The Future of Aikido
- 13:35-14:05 Workshop/Atelier: Stretching/Strengthening Exercises for Aikidoists with **Natan Cheifetz Sensei**
- 14:20-14:50 Class: "Connecting Kawahara Sensei & Osawa Sensei Teachings" with **Pat Olson Sensei**
- 15:05-16:05 Hommage à KAWAHARA SHIHAN Tribute
- BREAK / PAUSE**
- 18:45- 19:00 Participant Sign-In / Connexion des participants
- 19:00- 20:00 cours **OSAWA SENSEI** class
- 20:00- 21:00 Q&A with/Q&R avec **OSAWA SENSEI**

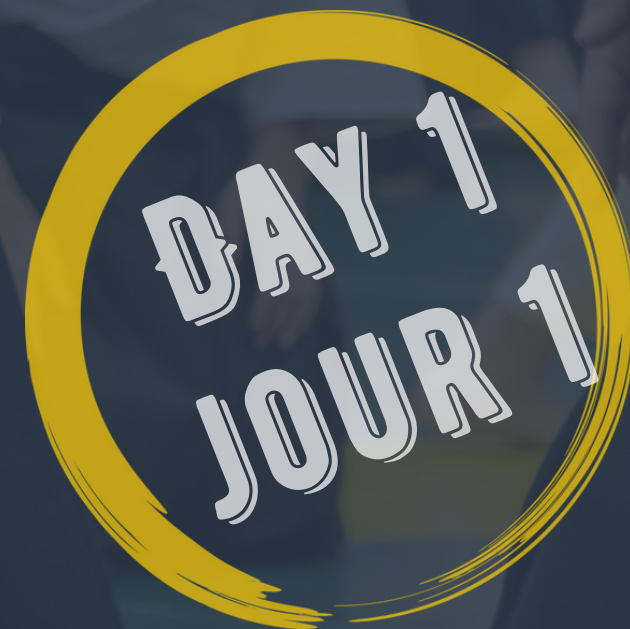
THE CANADIAN AIKIDO FEDERATION PRESENTS
LA FÉDÉRATION CANADIENNE D'AÏKIDO PRÉSENTE

**CAF Virtual Aikido
Seminar: June 5-6,
2021**

**Un Stage virtuel
d'aïkido de la FCA :
5-6 juin, 2021**

**Times listed in Eastern Daylight
Time (EDT). Please adjust to
your local time zone accordingly.*

** Horaires indiqués en heure
avancée de l'Est (HAE). Veuillez
vous adapter à votre fuseau
horaire local.*



CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021

WITH HAYATO OSAWA SHIHAN, 8TH DAN



Michelle Lapointe Sensei

5th Dan, Co-Chief Instructor of Agatsu Aikido de Montreal
Montreal, Quebec

Class: "The Principle of the Door Handle, or How to Get the Best of First Hand Contact" (All Levels)

Equipment Required: Door handle or family member

Saturday June 5, 2021 at 10:00-10:30 EDT / 7:00-7:30 PDT

The hands are the first part of our bodies that come in contact with our environment when performing many activities. In aikido, hand contact can decide whether or not your technique will be successful. Lapointe Sensei will be using a door handle to show the different ways of gripping a hand and also how to react when your hand is being held in a simple katatetori.

Michelle started aikido in 1986 at Montreal Aikikai after having practiced both judo and karate. She has attended seminars in the USA, Canada, Europe and Japan and started teaching aikido in the early nineties at Montreal Aikikai. She has also taught at McGill University with Daniel Laurendeau Shihan. In 2000, Michelle and her partner Marcel, who also practices aikido, decided to start a new dojo. It was the beginning of a new era... and led to a few broken bones and ligaments for her!

Michelle has been the Quebec Provincial Representative to the CAF since 2003 and a CAF Member-at-Large since 2011. Last year, she became the Vice-president of the CAF. Throughout her years in Aikido, Michelle has continuously dedicated herself to helping the CAF aikido community, and she considers that the spirit of aikido travels many paths including practice, teaching and dedicating yourself to help the aikido community grow.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021

WITH HAYATO OSAWA SHIHAN, 8TH DAN



Steve Erickson Sensei

6th Dan, Chief Instructor of BigRock Aikikai
Calgary, Alberta

Class: "Digging Into Our Primary Forms Using the Solo Practice Method" (All Levels)

Equipment Required: None

Saturday June 5, 2021 at 10:45-11:15 EDT / 7:45-8:15 PDT

This class will cover three elements that are common to all aikido movements: 1) good posture, 2) soft knees, and 3) centered hands. These elements will be demonstrated and practiced through four core techniques in aikido: ikkyo, iriminage, shihonage and tenchinage.

Steve began his aikido training in 1985 with Inaba Sensei at Calgary Aikikai and immediately fell in love with aikido. He began helping with the children's program in 1988, and teaching kids quickly became his passion. Steve earned his 1st dan in 1990 and began teaching adults as well. In 1992, he spent 5 months in Japan training intensively several times daily and was promoted to 2nd dan soon after his return to Canada.

In 1998, after earning his 3rd dan, Steve opened BigRock Aikikai. He joined the CAF and was accepted as a student of Kawahara Shihan, who promoted him to 4th dan in 2004 and 5th dan in 2011. In 2018, Steve was promoted to 6th dan by Osawa Shihan. Presently, he teaches Aikido to all ages at BigRock Aikikai and various community centres throughout Calgary. He is also the current President of the CAF.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021

WITH HAYATO OSAWA SHIHAN, 8TH DAN



Don Ragush Sensei

6th Dan, Chief Instructor of Saskatoon Aikikai
Saskatoon, Saskatchewan

**Class: "Aikido: Building and Nurturing the Whole Person
for a Lifetime" (All Levels)**

Equipment Required: Soft mat or carpet

Saturday June 5, 2021 at 11:30-12:00 EDT / 8:30-9:00 PDT

Aikido relies on attracting and maintaining students: young and old. Aikido is physical, social, psychological and spiritual, a passion to be enjoyed for many decades. All links of this chain of health must be strong in order to be healthy. O'Sensei was a very spiritual person and a gardener; he tapped into the energy of the universe. Very few will reach that level of understanding. But we can all catch glimpses of this connection through the practice of aikido. This class will touch on all four of these aspects of health. If aikido students can practice for a long time, then the art will be strong.

Don is a nurse practitioner in Saskatoon, working with all communities in the inner city. He is a husband, father of two daughters and grandfather to 3 grandsons and one granddaughter; he is also the main caregiver for his 93-year old mother who lives in her own house. In addition to being the Chief Instructor of Saskatoon Aikikai, he is the coordinator of a boys' and girls' garden club at his parish, Lady of Lourdes Catholic Church. He is also a beekeeper.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021 WITH HAYATO OSAWA SHIHAN, 8TH DAN

"THE FUTURE OF AIKIDO"

Panel: Saturday June 5, 2021
12:15-13:15 ET / 9:15-10:15 PT

The panel "The Future of Aikido" will discuss views on challenges and opportunities for Aikido's development based both on research and on personal experiences training in different disciplines in many countries. The panelists have professional backgrounds as educators in varied fields and passion for advancing the art. Audience input and questions will be welcomed during the discussion.

MODERATED BY

Ben Peacock
5th Dan
Burloak Aikikai Aikido



PANELISTS



Scott MacMillan, Ph.D.

Associate Professor in the Department of Business and Tourism at Mount Saint Vincent University in Halifax, Nova Scotia.



Keira Loughran, 3rd Dan, Aikikai

Chief Instructor of Stratford Aikikai in Stratford, Ontario / Theatre director, actor, producer and arts educator.



Bruce Choy, Ph.D. & 4th Dan, Aikikai

Managing Director of Research in a Toronto-based think-tank examining future and emerging risks facing the Canadian economy.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021 WITH HAYATO OSAWA SHIHAN, 8TH DAN

"THE FUTURE OF AIKIDO"

Panel: Saturday June 5, 2021

12:15-13:15 ET / 9:15-10:15 PT

Ben Peacock (Moderator)

Ben began his aikido practice with Ishiyama Shihan in 1982 in the kids' class at Victoria Aikikai. In 1992, he moved to Tokyo to train at the Aikikai Hombu Dojo, where he practiced for 11 years. His main teacher at Hombu was Seki Shihan, for whom he took ukemi at the annual All-Japan Aikido demonstration and other events on multiple occasions. He also regularly trained under Doshu Moriteru Ueshiba and many other Hombu Shihan. While in Japan, Ben simultaneously trained in the traditional weapons art of Suio-ryu. Since leaving Japan, Ben has lived and practiced aikido in the UK and Australia. Upon returning to Canada, he was welcomed by Greg Angus to join Naka Ima in Toronto. He received his 5th dan in 2016, and he is presently the Chief Instructor at Burloak Aikikai in Burlington, Ont.

PANELISTS

Scott MacMillan, Ph.D.

Scott MacMillan, Ph.D. is an Associate Professor in the Department of Business and Tourism at Mount Saint Vincent University in Halifax, Nova Scotia. He teaches leadership and coordinates MSVU's Community (Nonprofit) Leadership program. He previously worked for the YMCA throughout Canada for twenty years in a variety of physical education and management positions. He is a lifelong martial artist and holds black belts in Judo, Karate, and Aikido, and a brown belt in Brazilian Jiu-jitsu. He has been conducting research on the martial arts for the past five years.

Keira Loughran, 3rd Dan, Aikikai

Keira Loughran has been training in Aikido since 1994. She holds a sandan (3rd degree black belt) and is a direct student of Sensei Yumi Nakamura (7th dan). Keira is the founding Chief Instructor at the Stratford Aikikai, currently on hiatus, for 10 years. She started her training at the University of Alberta as cross-training for acting and theatre, and she continues to make her living as a director, actor, producer and arts educator. In addition to running the dojo, Keira has continued to integrate and share aikido in actor training and performance in her work, which includes her critically acclaimed play Little Dragon, and with companies including the Stratford Festival, and a number of post-secondary theatre training programs.

Bruce Choy, Ph.D. & 4th Dan, Aikikai

Bruce Choy is a yondan with over 20 years of experience in aikido. He used to run a dojo in his home country of Australia and has taught aikido classes and workshops around the world, across Asia, Europe, North America and Australasia. Bruce has a professional interest in the future of adult education holding governance positions in Toronto's two largest post-secondary education institutions as well as being a former university academic back in Australia. He currently is the Managing Director of Research in a Toronto based think-tank examining future and emerging risks facing the Canadian economy.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021 WITH HAYATO OSAWA SHIHAN, 8TH DAN

"STRETCHING/STRENGTHENING FOR AIKIDOKA"

Workshop: Saturday June 5, 2021
13:35-14:05 ET / 10:35-11:05 PT

Class Level: All Levels

Class Description:

This class will discuss the development of strength and flexibility and the importance of increasing range of motion from the perspective of aikido practice. The first half of the session will introduce participants to some specific strength exercises that are beneficial to aikidoka. The second half will focus on techniques to improve flexibility, again, with a focus on relevance to aikido. There will also be time for a Q&A period.

Equipment required: A bokken and a yoga mat (or similar soft surface)

INSTRUCTOR:

Natan Cheifetz

4th Dan

Vancouver Mind-Body Aikikai



Natan has been teaching strength and conditioning for over 10 years. He is a certified 'Russian Style' RKC level II instructor. In addition, Natan has received Yoga instructor training and has been teaching flexibility for many years. Prior to COVID, he was the chief instructor of the Aikido program at Vancouver Mind-Body Aikikai.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021

WITH HAYATO OSAWA SHIHAN, 8TH DAN



Pat Olson Sensei

5th Dan, Chief Instructor of Okanagan Aikikai
Kelowna, British Columbia

Class: "Connecting Kawahara Sensei and Osawa Sensei's Teachings" (All Levels)

Equipment Required: A tanto and a soft mat or carpet

Saturday June 5, 2021 at 14:20-14:50 EDT / 11:20-11:50 PDT

This class will help students to connect the teachings of Kawahara Sensei and Osawa Sensei by focusing on proper hand grips from ikkyo to gokyo.

Pat Olson started her aikido training in Saskatoon in 1981 with Makoto Ohtsu Sensei. In 1986, she moved to Kelowna and joined Okanagan Aikikai, which was established that same year by Kawahara Shihan and at which Jobe Groot Sensei was the chief instructor.

She is presently the chief instructor of Okanagan Aikikai and is a Past President of the BCAAF. In addition, she is currently serving as the chairperson of the CAF's Camp/Seminar committee, as she has done for several years. She has dedicated herself to both camp organization and to preserving the legacy of Kawahara Shihan.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021 WITH HAYATO OSAWA SHIHAN, 8TH DAN

KAWAHARA SHIHAN TRIBUTE

Saturday June 5, 2021
15:05-16:05 ET / 12:05-13:05 PT

On June 2, 2021, it will be the tenth year anniversary of the passing of Yukio Kawahara Shihan, and we will honour his memory and legacy with a tribute. Kawahara Shihan was a vital force in Canadian Aikido for many years. During his 36-year career in this country, Sensei undertook a heavy, nationwide teaching schedule and was instrumental in establishing the Canadian Aikido Federation as a strong, national organization. Ranked as 8th dan, he was Hombu Dojo's official representative in Canada. The tribute will begin with a brief meditation and prayer, followed by several of his students and close peers in the Canadian Aikido community sharing photographs, videos and personal anecdotes of Kawahara Shihan.



Yukio Kawahara Shihan

8th Dan
(August 14, 1940 – June 2, 2011)

HOSTED BY:

Pat Olson Sensei
5th Dan, Okanagan Aikikai

Kawahara Shihan began Aikido in the 1950s as a student of Bansen Tanaka in Osaka. Tanaka Shihan started studying with O'Sensei in 1935 and continued until World War II. After WWII, he built Osaka Aikikai in 1951 under O'Sensei's direction. O'Sensei would frequently stay in Osaka for extended periods during those years.

Before coming to Canada in 1975, Kawahara Shihan taught for a period in Taiwan. His first 2 years in Canada were spent in Montreal, but he soon relocated to the West Coast in 1977. He traveled extensively to encourage the growth of Aikido in Canada, and he taught a yearly summer camp in British Columbia that drew participants from across the continent and overseas. The first of these camps was held in 1979 in the small town of New Denver, BC. Since that time, the camp has grown and included such guest instructors as the present Doshu, Fujita, Miyamoto, Masuda, and Osawa Shihan from the Hombu dojo as well as North American instructors such as Yamada, Kanai, Chiba, Tohei, and Sugano Shihan.

Kawahara Shihan had an encyclopedic knowledge of the martial arts. He was a deeply private man who had little interest in celebrity or ceremony. His Aikido was for his students, and he taught them as a mentor, with great attention and patience.

He is deeply missed by the Canadian Aikido community, which now faces the challenge of continuing his Aikido legacy.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021 WITH HAYATO OSAWA SHIHAN, 8TH DAN

SPECIAL VIRTUAL CLASS & Q&A WITH

**HAYATO
OSAWA
SHIHAN**

Saturday June 5, 2021
19:00-21:00 ET / 16:00-19:00 PT

The highlight and main event of the weekend will be this 60-min Zoom class taught by **Hayato Osawa Shihan** (8th dan Aikikai) from the Aikido World Headquarters, followed by a 60-min Q&A session with Osawa Sensei. The Q&A will be conducted by **George Hewson Shihan** (7th dan, Aikido Seishinkai) from questions submitted by the CAF membership.*



Simultaneous English and French interpretation for this special event will be provided.

SUNDAY JUNE 6, 2021: SCHEDULE

DIMANCHE 6 JUIN, 2021: HORAIRES



06/06/2021

THE CANADIAN AIKIDO FEDERATION PRESENTS
LA FÉDÉRATION CANADIENNE D'AÏKIDO PRÉSENTE

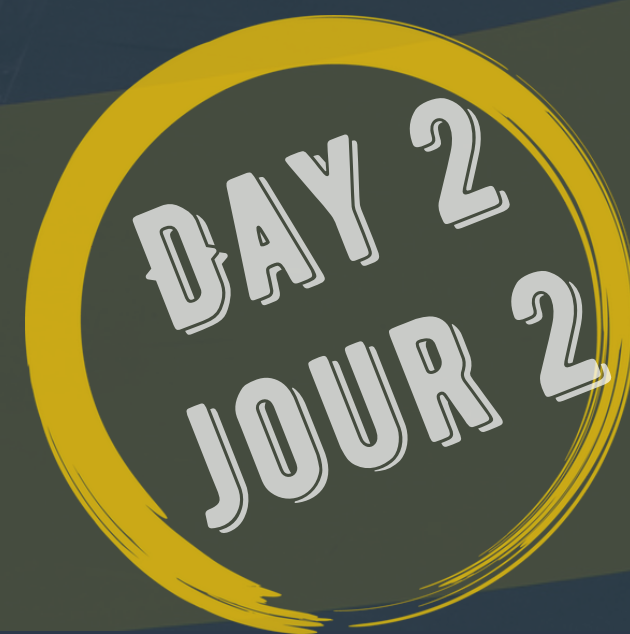
**CAF Virtual Aikido
Seminar: June 5-6,
2021**

**Un Stage virtuel
d'aïkido de la FCA
: 5-6 juin, 2021**

- 09:30* Orientation / Introduction
- 10:00-10:30 Class: "6 Movements to Start Any Technique" with **Ben Peacock Sensei**
- 10:45-11:45 Panel/Table Ronde: Aikido Re-Entry in Post-Pandemic Year 1
- 12:00-13:00 Lecture/Conférence: Historical Lecture on Samurai with **George Hewson Sensei**
- 13:15-13:45 Class: "Where Are Your Feet?" with **Hilary Dawson Sensei**
- 13:55- 14:15 Break / Pause
- 14:15-14:45 Class: "Using a Short Stick To Enhance Solo Practice" with **Scott Macphail Sensei**
- 15:00-15:45 Workshop/Atelier: Teaching Methodology from Shodan to Yondan led by **John Foster Sensei**

**Times listed in Eastern Daylight Time (EDT). Please adjust to your local time zone accordingly.*

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CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021

WITH HAYATO OSAWA SHIHAN, 8TH DAN



Ben Peacock Sensei

5th Dan, Chief Instructor of Burloak Aikikai Aikido
Burlington, Ontario

Class: "Six Movements to Start Any Technique" (All Levels)

Equipment Required: None

Sunday June 6, 2021 at 10:00-10:30 EDT / 7:00-7:30 PDT

Initiating a technique in response to an uke's attack can be done with one of six fundamental movements (irimi, pivot, tenkan, etc.). We will drill this framework that can help you quickly and practically break down the aikido that you observe and execute.

Ben began his aikido practice with Ishiyama Shihan in 1982 in the kids' class at Victoria Aikikai. In 1992, he moved to Tokyo to train at the Aikikai Hombu Dojo, where he practiced for 11 years. His main teacher at Hombu was Seki Shihan, for whom he took ukemi at the annual All-Japan Aikido demonstration and other events on multiple occasions. He also regularly trained under Doshu Moriteru Ueshiba and many other Hombu Shihan. While in Japan, Ben simultaneously trained in the traditional weapons art of Suio-ryu. Since leaving Japan, Ben has lived and practiced aikido in the UK and Australia. Upon returning to Canada, he was welcomed by Greg Angus to join Naka Ima in Toronto. He received his 5th dan in 2016, and he is presently the Chief Instructor at Burloak Aikikai in Burlington, Ont.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021 WITH HAYATO OSAWA SHIHAN, 8TH DAN

"AIKIDO RE-ENTRY IN POST-PANDEMIC YEAR 1"

Panel: Sunday June 6, 2021

10:45-11:45 ET / 7:45-8:45 PT

Aikido Re-Entry in Post-Pandemic Year 1 panel discussion will consider what a return to Aikido training after the pandemic here in Canada could be. With experience in infectious disease control and firsthand knowledge of how other countries are already navigating a return to Aikido training, our panel will provide a view of what we may expect in a changing landscape of a Post-Pandemic world.

MODERATED BY

Collin Brown
4th Dan
JCCC Aikikai



PANELISTS



Michelle Lapointe, 5th Dan, Aikikai

Co-chief instructor of Agatsu Aikido of Montreal and Infectious Disease Nurse /Infections prevention officer in Montreal.



Myrna Harrod-Taniguti, 2nd Dan, Aikikai

Chief Instructor of Clearwater Aikikai in Clearwater, BC / Founder of AikiBlaze virtual Aikido class series.



Jean-François Chapdelaine, 2nd Dan, Aikikai

Chief Instructor of Dojo Mushin in Boisbriand, QC. Currently living in the U.S. and teaching at Potomac Aikido.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021 WITH HAYATO OSAWA SHIHAN, 8TH DAN

"AIKIDO RE-ENTRY IN POST-PANDEMIC YEAR 1"

Panel: Sunday June 6, 2021

10:45-11:45 ET / 7:45-8:45 PT

Collin Brown (Moderator)

Collin Brown (Fourth Dan) is Instructor for the JCCC Aikikai and CAF Board Member. Collin began his study of Aikido as a student of Obata Shihan in 1997 at JCCC Aikikai and has received extensive knowledge in both the technique and spirit of Aikido. In 2003, he traveled to Japan where he furthered his studies. Collin believes "Aikido is the perfect practice in timing and movement, and no matter where you are in life, time is passing and energy is moving".

PANELISTS

Michelle Lapointe, 5th Dan, Aikikai

Michelle started aikido in 1986 at Montreal Aikikai after having practiced both judo and karate. She has attended seminars in the USA, Canada, Europe and Japan and started teaching aikido in the early nineties at Montreal Aikikai. In 2000, Michelle and her partner Marcel, who also practices aikido, decided to start a new dojo. It was the beginning of a new era... and led to a few broken bones and ligaments for her! Throughout her years in Aikido, Michelle has continuously dedicated herself to helping the CAF aikido community, and she considers that the spirit of aikido travels many paths including practice, teaching and dedicating yourself to help the aikido community grow.

Myrna Harrod-Taniguti, 2nd Dan, Aikikai

Myrna began practicing Aikido with Kawahara and Ishiyama Shihan in 1988 and moved to Tokyo in 1992 to train at the Aikikai Hombu Dojo, where her major influences included Doshu Ueshiba Kisshomaru, Doshu Ueshiba Moriteru, and Osawa Shihan. After 15 years of living in Japan, she returned to Canada and now lives in Clearwater, BC, where she is the instructor at Clearwater Aikikai. She is also presently serving as Vice-president of the BCAF. She received the rank of ni-dan in Tokyo in 1998 from Okumura Shihan.

Jean-François Chapdelaine, 2nd Dan, Aikikai

JF began aikido in 2002. In 2006, he took charge of Dojo Mushin in 2006 as a 1st kyu under the supervision of Senseis Marcel Lavigne and Michelle Lapointe from Agatsu of Montreal. JF has been the chief instructor since that time and registered with the CAF the same year. In 2014, for professional reasons, he moved to the United States. Although he has been living in the U.S. these past years, he passed his Nidan during a CAF seminar in 2016 and continued to supervise Dojo Mushin. During his time in the US and even after the COVID-19 shutdown, he always continued his practice, teaching a class once a week at Potomac Aikido affiliated with the Capital Aikido Federation, whose director and founder is Clyde Takeguchi Shihan.

CAF VIRTUAL AIKIDO SEMINAR

JUNE 5-6 2021

WITH HAYATO OSAWA SHIHAN, 8TH DAN



George Hewson Shihan

7th Dan, Chief Instructor of Aikido Seishinkai
Markham, Ontario

Historical Lecture: "The Ways of Japan"

Sunday June 6, 2021 at 12:00-13:00 EDT / 9:00-10:00 PDT

This historical lecture will provide an introduction to several paths leading to the top of the metaphorical mountain.

Since 1975, George Hewson has dedicated himself to studying and later teaching the "martial way" of Ueshiba Morihei ("O-Sensei"), the founder of Aikido. O-Sensei's vision of creating awareness and empathy while defending oneself and others still resonates with George today.

George began Aikido at the JCCC Aikido Club under Obata and Ochi Sensei in 1975. He received his 1st dan in 1980 while training in Japan at the Aikikai Hombu Dojo and at Meiji Jingu Shiseikan with Tanaka Shihan. In 2021, Shihan Hewson was promoted to the rank of 7th Dan. He is the Chief Instructor of Aikido Seishinkai.

A retired teacher of World Cultures at the Royal Ontario Museum, George has lectured on ancient Egypt, Greece, and Rome, etc. He remains particularly interested in East Asian cultural topics such as the influence of Chinese philosophy on the Japanese samurai.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021

WITH HAYATO OSAWA SHIHAN, 8TH DAN



Hilary Dawson Sensei

6th Dan, Chief Instructor of University of Victoria Aikido Club
Victoria, British Columbia

Class: "Where Are Your Feet? " (All Levels)

Equipment Required: None

Sunday June 6, 2021 at 13:15-13:45 EDT / 10:15-10:45 PDT

***This class will focus on being centered and
maintaining alignment.***

Having started her martial arts training in judo, Hilary has practised aikido for over 40 years. Over the past 35 years, she has taught adult and children's classes for both beginners and senior students as well as special programs for women and practitioners with physical challenges or limitations. She continues to develop her own practise through seminars and summer camps across Canada and the US. In recent years, she has also been invited to teach at a number of seminars and workshops. Designated as a shidoin in 2010, she was promoted to 6th dan in January 2018.

**CAF VIRTUAL AIKIDO SEMINAR
JUNE 5-6 2021**

WITH HAYATO OSAWA SHIHAN, 8TH DAN



Scott Macphail Sensei

6th Dan, Chief Instructor of Victoria Aikikai
Victoria, British Columbia

**Class: "Using a Short Stick to Enhance Solo Practice"
(All Levels)**

Equipment Required: A dowel or straight stick, at least 12
inches long (or slightly longer)

Sunday June 6, 2021 at 14:15-14:45pm EDT / 11:15-11:45 PDT

*The class will focus on moving the hands in a
synchronized manner when practicing solo.*

Scott Macphail started aikido in 1975 and was an executive member of Victoria Aikikai at the time of its establishment as a society in 1977. He was also a member of the BCAAF executive for its first five years, from 1980-1985. He has been the Chief Instructor of Victoria Aikikai since 1987 and has trained primarily under Ishiyama Shihan. He is a member of the CAF's Examination Committee, and he received his 6th dan from Kawahara Shihan in 2011.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021 WITH HAYATO OSAWA SHIHAN, 8TH DAN

"TEACHING METHODOLOGY FROM SHODAN TO YONDAN"

Workshop/Discussion: Sunday June 6, 2021
15:00-15:45 ET / 12:00-12:45 PT

This workshop will draw on the experiences of senior instructors and Exam Committee members, focusing on preparing students for dan rank examinations. Particular focus will be placed on the following topics: teaching methodology, physical and mental preparation, standard technique vs. variations, technical points to consider, and the aims of each level.

LED BY

John-Patrick Foster
5th Dan
Beaches-East York
Aikikai



IN DISCUSSION WITH:



Steve Erickson, 6th Dan

Current President of the Canadian Aikido Federation. Chief Instructor of BigRock Aikikai in Calgary, AB.



Ivan Booth, 5th Dan

Newfoundland Provincial Representative for the CAF. Chief Instructor at the Memorial University Aikikai in St. John's, NL

Outline/Disclaimer: John Foster and his panel will draw on the experiences of senior instructors who have not only tested under a variety of examiners but have also made considerable efforts to prepare students for dan tests. The aim of the panel is not to provide a checklist that will ensure a passing grade from the CAF Examination Committee, but to outline teaching and training methodologies to assist students and instructors as they continue their testing journey.

CAF VIRTUAL AIKIDO SEMINAR JUNE 5-6 2021 WITH HAYATO OSAWA SHIHAN, 8TH DAN

IN DISCUSSION WITH:

"TEACHING METHODOLOGY FROM SHODAN TO YONDAN"

Workshop/Discussion: Sunday June 6, 2021

15:00-15:45 ET / 12:00-12:45 PT

John-Patrick Foster (Moderator)

John-Patrick started his martial arts training in hapkido in 1987; in 1992 he met Bill Collins Sensei and fell in love with aikido. His practice has allowed him to travel, train and test at seminars across Canada and the United States, which has greatly influenced his training and exposed him to the teachings of several shihan in North America, particularly Kawahara, Yamada and Kanai Sensei. His greatest influences are his teachers: Bill Collins, and George and Gerry Hewson Sensei; he is a CAF Board Member, Shidoin, 5th dan, and Chief Instructor of the Beaches East York Aikikai.

Steve Erickson, 6th Dan

Steve began his aikido training in 1985 with Inaba Sensei at Calgary Aikikai and immediately fell in love with aikido. He began helping with the children's program in 1988, and teaching kids quickly became his passion. Steve earned his 1st dan in 1990 and began teaching adults as well. In 1992, he spent 5 months in Japan training intensively several times daily and was promoted to 2nd dan soon after his return to Canada.

In 1998, after earning his 3rd dan, Steve opened BigRock Aikikai. He joined the CAF and was accepted as a student of Kawahara Shihan, who promoted him to 4th dan in 2004 and 5th dan in 2011. In 2018, Steve was promoted to 6th dan by Osawa Shihan. Presently, he teaches Aikido to all ages at BigRock Aikikai and various community centres throughout Calgary. He is also the current President of the CAF.

Ivan Booth, 5th Dan

Ivan started aikido in a children's class in 1985. Apart from attending seminars, he has trained for extended periods across Canada (Alberta, Newfoundland, Ontario) and internationally (France, New Zealand, Spain). Within the CAF, his strongest aikido influences have been Kawahara Sensei along with Bill Collins, Fran Turner, Shin Chin, and Yumi Nakamura Sensei. He was named a CAF Shidoin in 2019 and promoted to 5th dan in 2021. He is the Chief Instructor at the Memorial University Aikikai in St. John's, NL.

**If you have any questions, please contact the
seminar organizers at:**

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