

TRADITIONS FOR THE FUTURE

An Initiative of **Compass** INSTITUTE INC.



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Kancho's Corner



THE THINGSWE SAY.COM

THINKING small...

We often find ourselves encouraged to think BIG... and there's nothing wrong with that in the appropriate context. But is there ever any value in THINKING small?

Recently I've been reflecting on how every big goal or dream I've ever pursued has really been, in hindsight, comprised of a lot of very small steps. Big goals can seem very daunting to us at first... yet they seem so much more achievable to me at least when I break them down. This strategy has proven vital in building up the Compass organisation... but it's just as applicable when we're building ourselves as a person.

For example, if I want to be a kind person, I have to make sure I choose kindness whenever there is a chance to do so. I start to look for and pay attention to the small opportunities that present themselves to perform a kind act... or maybe just choose to think kindly in a certain situation. Slowly these small acts of kindness build up and become my habit. I'm no longer having to consciously choose kindness... it has become

my default setting.

The same principle can apply to generosity, compassion, courtesy, respect, integrity, courage, gratitude, discipline, health and any other values we want to make a pillar of our lives. Every day we simply wait for the opportunities to perform a small brave act, a small generous act, a small respectful act... and so on.

Another aspect of this process is that if we are ever called upon to perform a very brave act... a very generous act... an act where there may be risk of harm or loss... we will have been conditioned by the many small choices to find within ourselves the capacity to act BIG when it counts. This is really important and something we can only find out by experience.

At this point those 'lived values' have become part of our personal culture and we're not really having to think about the situation and make a decision... it's no longer what we do... it's who we are.

Through my experience with Compass and Kenshinryu, I've watched as a kind of 'magnetic attraction' brings people with similar personal cultures together... and it becomes evident that these people add up over time to form a group or organisational culture. I've also seen the ways in which the benefits are exponential as well as reinforcing to everyone who shares that culture. Enough of these people, groups and organisations and we have begun to develop a societal culture.

Finally, I think it's all our jobs to then protect and defend that culture. If the culture is not developing, it's almost certainly eroding. If as people we stop making healthy choices... stop performing small acts of bravery, respect, discipline and compassion... the culture will change for the worse for the individuals and the group. So in the end, the big things that affect us are a very direct result of the small things we do every day...

Sensei David

Contributor Corner...



Are you a Tiger or a Sheep?

At school, you're taught a certain way in life, to go to college, university, get a job, get married, have kids and live happily ever after. There's nothing wrong with that, but try looking at it differently. Why do what everyone else is doing? Why do what's expected of you just because there's some unwritten manual in life that everyone else seems to be following?

Each of us was born unique. We were all created to be who we were and that's being YOU. There's no one else like you on this planet, so why are you trying to be like everyone else? Find the courage to be yourself and follow your heart. Don't be ashamed of how you feel. Go out and do it, and you'll inspire others to do the same. And remember, "a tiger doesn't lose sleep over the opinion of sheep"—so what are you, a tiger or a sheep?

Upcoming Events

AIKIDO YOSHINKAI N.S.W
IS PROUD TO HOST

KYOICHI INOUE HANSHI
10TH DAN

SEMINAR
This is an exclusive private seminar with the former Kancho, Head Instructor of Yoshinkan Aikido Honbu Dojo and accompanied by his wife Aiko Inoue Shihan.

DATE	TIME
Saturday April 22nd	10:00 to 17:00
Sunday April 23rd	10:00 to 17:00

COST
\$250
Early bird discount book before March 1st \$200

LOCATION
AYNSW Dojo, 310 Marrickville Rd, Marrickville

limited spaces for this rare opportunity so book now
WWW.AIKIDO-SYDNEY.COM or 0422 522 888

Save the Date!

Kenshinryu Winter Gasshuku 9 - 11 June 2017
Aikido . Shinto Muso Ryu Jujutsu . Shinto Ryu Kenjutsu & Laijutsu

Suitable for practitioners of all styles aged 15yrs + and any level of experience
Enquiries and bookings: 5445 9116 or info@kenshin.com.au

Contact us today to book your place in any of these events!

P: (07) 5445 9116
E: info@kenshin.com.au

Upcoming Events Cont'd





Kenshinryu Mudjimba will be offering a series of **Women's Self Defense** classes...

WEDNESDAYS 7:30pm - 8:30pm
(please arrive 5 or 10 mins early)

Practical self-defense techniques and strategies designed specifically for women!

- Suitable for women & girls from 12yrs
- Female participants only
- Not strength based
- Regular weekly classes allow you to develop effective skills
- No previous martial arts experience necessary
- Certified Kenshinryu senior instructor with 20yrs Aikido experience

FEES

- Adults \$15 per class
- School students \$10 per class
- Additional family members \$10 per class

Pre-Paid Packages:

- 6 classes (adults) \$75 (equals 1 class free)
- 6 classes (students) \$50 (equals 1 class free)
- 6 classes (mother & daughter) \$99 (**introductory special - save over \$50)

Contact us today to book your individual or group sessions!

Northshore Community Centre, 701 David Low Way, Mudjimba
P: 0418 753 184 E: info@kenshin.com.au

Kenshinryu Mudjimba will be hosting a series of Women's Self Defence classes every Wednesday from 7:30 - 8:30pm.

The classes are suitable for women and girls only, from 12yrs of age. There will be regular weekly classes allowing you to develop and strengthen your skills and there is no pre-requirement for joining, and no martial arts experience necessary.

Classes will be held with a certified Kenshinryu senior instructor with 20yrs Aikido experience.

Fees:

Adults \$15 per class
School Students \$10 per class
Additional family members \$10 per class

Pre-paid Packages:

6 classes (adults) \$75 (equals 1 class free)
6 classes (students) \$50 equals 1 class free)
6 classes (mother & daughter) \$99

Contact us today to book your individual or group sessions!



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I'd like to recommend that you have a look at this [website](https://www.aikiinsights.com/) and become a subscriber. <https://www.aikiinsights.com/>

When I was last in Melbourne I was interviewed by its founder, Marvin Oka, and I have since listened to all the podcasts on the site.

There is an absolute wealth of information for Aikido and Budo students - all being shared in a conversational format by some very highly experienced Teachers including Joe Thambu, Robert Mustard and Darren Friend Sensei's.

The information is suitable for absolute beginners through to students and instructors with many years practice behind them.

Accelerate your development in Aikido - Double your results from your training efforts - Improve your mind-body coordination - Develop your Aikido spirit - Embody and apply Aikido principles in daily life.



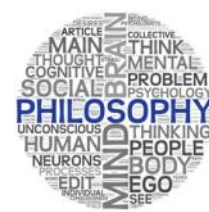
Learn how to learn Aikido

Get insights and teachings from various Sensei that make a difference to how you train.



Improve your Mind/Body coordination

Learn tips and techniques to enhance your Mind-Body connection when doing Aikido.



Daily applications of Aikido Philosophy

Learn about Aikido philosophy and key principles, and how it applies in daily life.