



steve rathbun
nidan
6.2.06

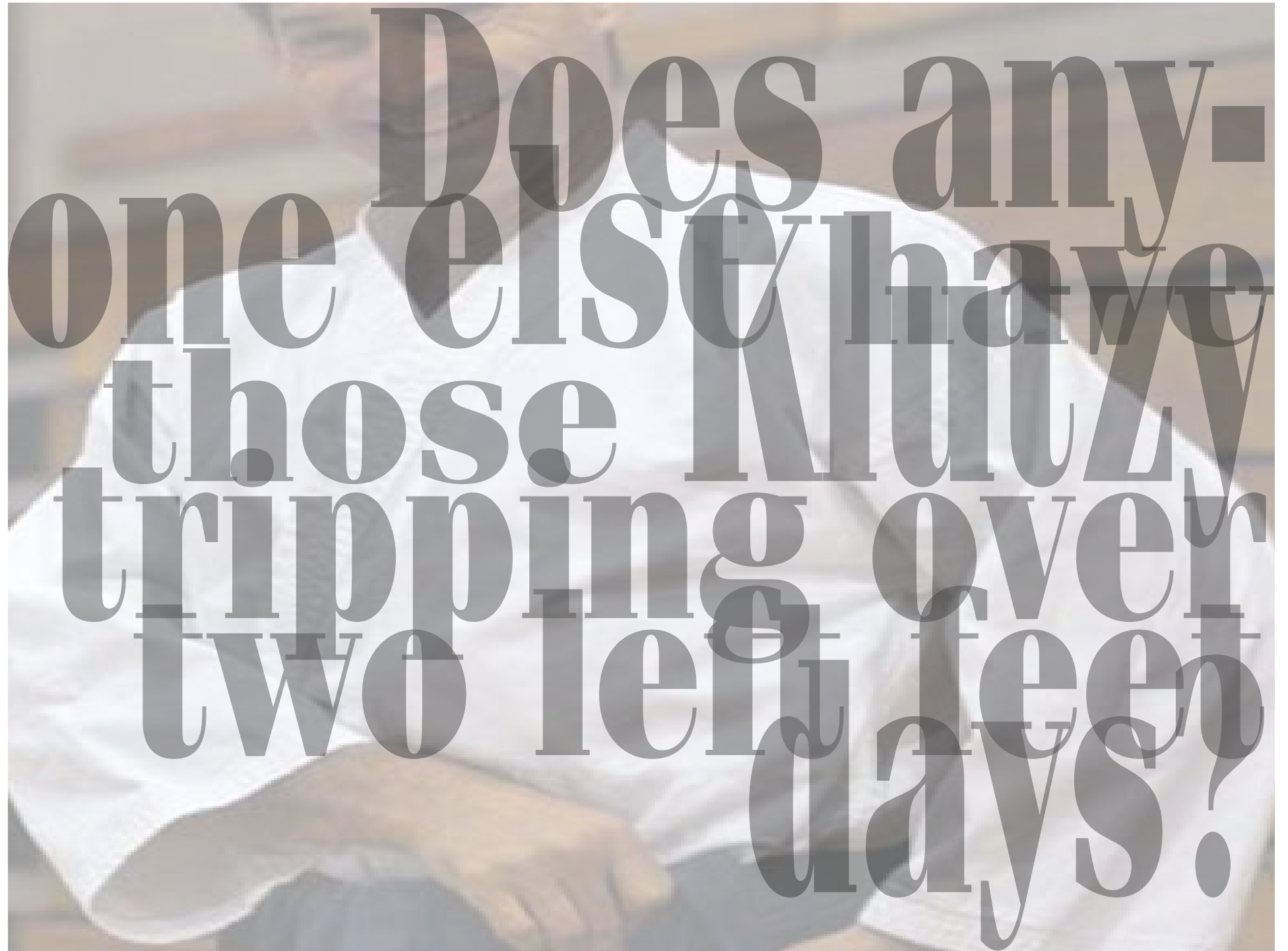
The State Of My Art Address.... *or*




...the state of my art
in a dress



One reason I continue to practice aikido is that many of the people I love, respect, and admire practice aikido.

A person wearing a white t-shirt is shown from the chest up. The image is semi-transparent, allowing the text to be clearly visible over it. The text is a large, bold, black font with a slight shadow effect.

Does anyone else have those Mutzy tripping over two left feet days?



*I manage to stay on my feet.
I take the hit full force on the
brow above my right eye.
I stagger but don't go down,
don't drop my weapon.
I watch my eye swell shut in
the mirror.
I've just smacked myself in
the face with my own Jo.*

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take the hit full force on the
brow above my right eye.
I stagger but don't go down,
don't drop my weapon. I watch
my eye swell shut in the mirror.
I've just smacked myself in the
face with my own Jo.***

***I've just smacked myself
in the face with my own Jo.
with my own Jo.***

I went skiing the next day.
I felt like I could fly.
Every turn felt centered
I could not fall.
Riding the arc of gravity is
the same on the mat as on the mountain.
The joy of moving through space,
spirit whirling at maximum rpms,
is the same

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Surfing can be viewed as a form of misogi.

Taking off on a breaking wave is the embodiment of irimi. The surfer must enter and blend with the spherical rotation of the wave, adjusting to its speed and power, keeping centered and balanced within the movement. Surfing also contains the element of ki no nagare or continuous motion.

The wave is in motion from the time it is generated (by the constant motion of the wind) until it is receding from the beach. The surfer moves within that time frame, reacting instantly, calmly and continuously adjusting balance,

I watch sensei
carefully still don't
see what he's doing
half the time.
How carefully,
sometimes it's **what
was the attack?** I was
looking at the clock.
I was wiping my
forehead. I was cov-
ering a yawn with
my sleeve.
I was thinking
about taking off this
stinking soaking
thousand pound gi.
**I was tasting
the cold beer
I was going
to have in
the future...**
and that's how it
happens. I drift off
and then sensei is
bowing and every-
body is getting up

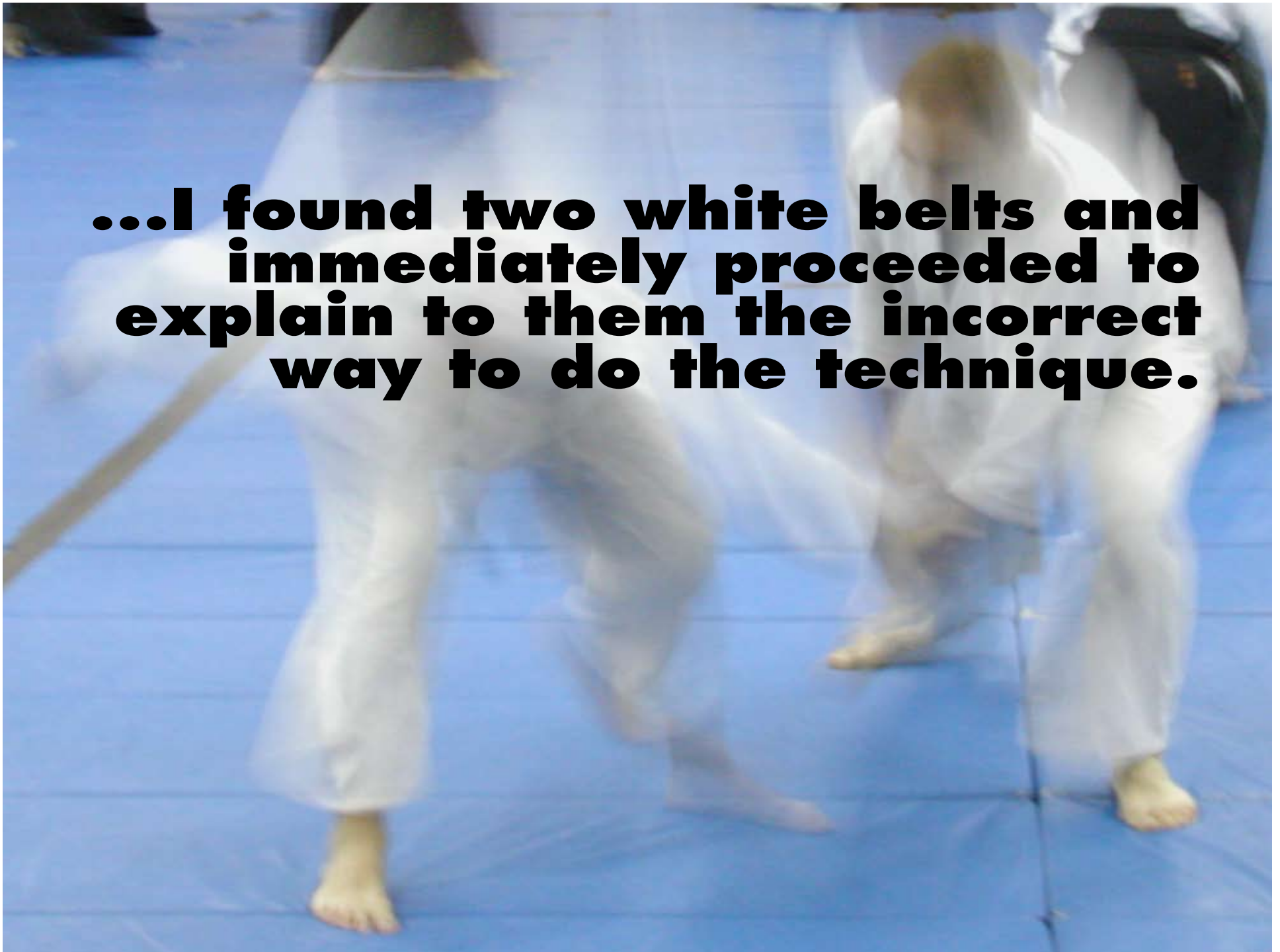
I watch sensei
carefully still don't
see what he's doing
half the time.
How carefully?
sometimes it's... 'shit!
**what was the
attack?** I was
looking at the clock. I
was wiping my
forehead. I was
covering a yawn with
my sleeve.
**I was
thinking
about
taking
off this
stinking
soaking
thousand
pound gi.**
I was tasting the cold
beer I was going to
have in the future...
and that's how it clock

I watch sensei carefully
still don't see what he's
doing half the time.
What was the attack?
**I was looking
at the clock.**
I was wiping my fore-
head. I was covering a
yawn with my sleeve. I
was thinking about taking
off this stinking soaking
thousand pound gi. I was
tasting the cold beer
I was going to have
in the future... **and
that's how it
happens.** I drift
off and then sensei is
bowing and everybody
is getting up to practice
I don't know what. Yee
haw. **Everybody into
the pool** watch sensei
carefully still don't see
what he's doing half
the time.
what was the attack?
watch sensei carefully
still don't see what
he's doing half the
time.

to practice I don't
know what. Every-
body into the pool.
I was tasting the cold
beer I was going to
have in the future...
and that's how it hap-
was tasting the cold
beer I was going to
have in the future...
**was tasting
the cold beer**
I was
going to
have in the
future... I was
wiping my forehead.

**what
was the
attack?**

...I found two white belts and immediately proceeded to explain to them the incorrect way to do the technique.





*Some
days
I just
don't feel
like being
thrown
on the
floor.*



But I go to the dojo anyway
(sensei told me this is the secret of aikido...)



O'sensei
said
"Aikido
is love."

I'll buy that.

He said many cool things...

"Always practice in a vibrant and joyful manner."

and

"Be ever grateful for the gifts received from the Universe, your family, Mother Nature, and your fellow human beings."

and, my favorite,

"True Victory is victory over the self."

All seems like good advice. I try to keep these things in mind on the mat and off.

O'sensei also said,

"The exalted techniques of ki can calm snakes and charm bees..."

I'm going to have to think about that one ...

Fine Print: Without Natasha's love and support there would be no aikido training for me. She makes things possible. I love her madly.

Source photography respectfully ripped-off without the kind permission of:

Bruce and Adrienne Wonnacott, Karl Grignon, Darin Tomack, Ursula Doran.

(Secret of Aikido™ Frank Doran).