

Featured Senior Instructor, December 2018



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Division 2

I was introduced to Aikido one day where I trained Judo at Budokan in Chinatown Bangkok, Thailand 1967.

In January 1974, I began my Aikido training at the San Diego Sheriffs' Aikikai under John Damian Sensei who was a student of Tokuji Hirata Sensei. Hirata Sensei was 5th-Dan Aikido and former Hawaii Judo and Sumo champion. Damian Sensei always reminded me to relax and be soft while training. His most important teaching to me was respect other Senseis like your own Sensei and to respect all things. Also, I owed my Aikido to my best friend Martin Katz Sensei who I met the

first day on the mat. We still train together at Doran Sensei's August seminar in San Diego.

I have taught at the University of Utah since 1977 introducing students to the smooth Ki (life energy) flow in Aikido and mind-body coordination. My philosophy was to train in a vibrant and joyful manner by being relaxed, open, aware, connect to my partner, and letting go in the moment. The techniques themselves are secondary. Emphasizing that Aikido is a Way of Life process.

I traveled extensively to train under many teachers (Doshu Kisshomaru Ueshiba, Koichi Tohei, Shoji Nishio, Mitsugi Saotome, Kazuo Chiba, Yoshio Kuroiwa, Hiroshi Ikeda, Rod Kobayashi), before I joined Shihan Fumio Toyoda in 1997. He opened my eyes to Oyo-Waza (Applied Techniques).

Currently, I am pleased to be under the guidance of Frank Doran Shihan. I met Doran Sensei in 1982. Doran Sensei's kindness and openness welcomed me back home in 2012. His teaching in Aiki, Kuzushi and Shisei transformed my understanding of Aikido and balance my life on and off the mat.

My most Memorable Aikido Experiences

In the Summer of 1982, I was introduced to the Yang style of Professor Cheng Man-Ching by Tai-Chi master teachers Benjamin Lo and Robert Smith at a camp in La Honda, CA. After the camp, I made a call to Terry Dobson Sensei for lessons in Aikido. He told me to go to Doran Sensei's class at Aikido of San Francisco on Turk Street.

I went to an afternoon class taught by Nadeau Sensei and trained in a corner with two Yudanshas on Nikyo. We had lunch together after the workout.

At night, I met Doran Sensei and Dobson Sensei for the first time. Dobson Sensei brought one of his student along to train with me. I enjoy Doran Sensei's friendly joyful presence and clear teaching. A special moment came after class for me to line up and take Ukemi for Doran Sensei.

Another memorable experience was the 2014 August seminar at Sunset Cliffs Aikido with Doran Sensei. I went early in the morning to warm up before class started and saw Sensei already on the mat. This experience had awakened me to another state of mind in Aikido and Daily Life.