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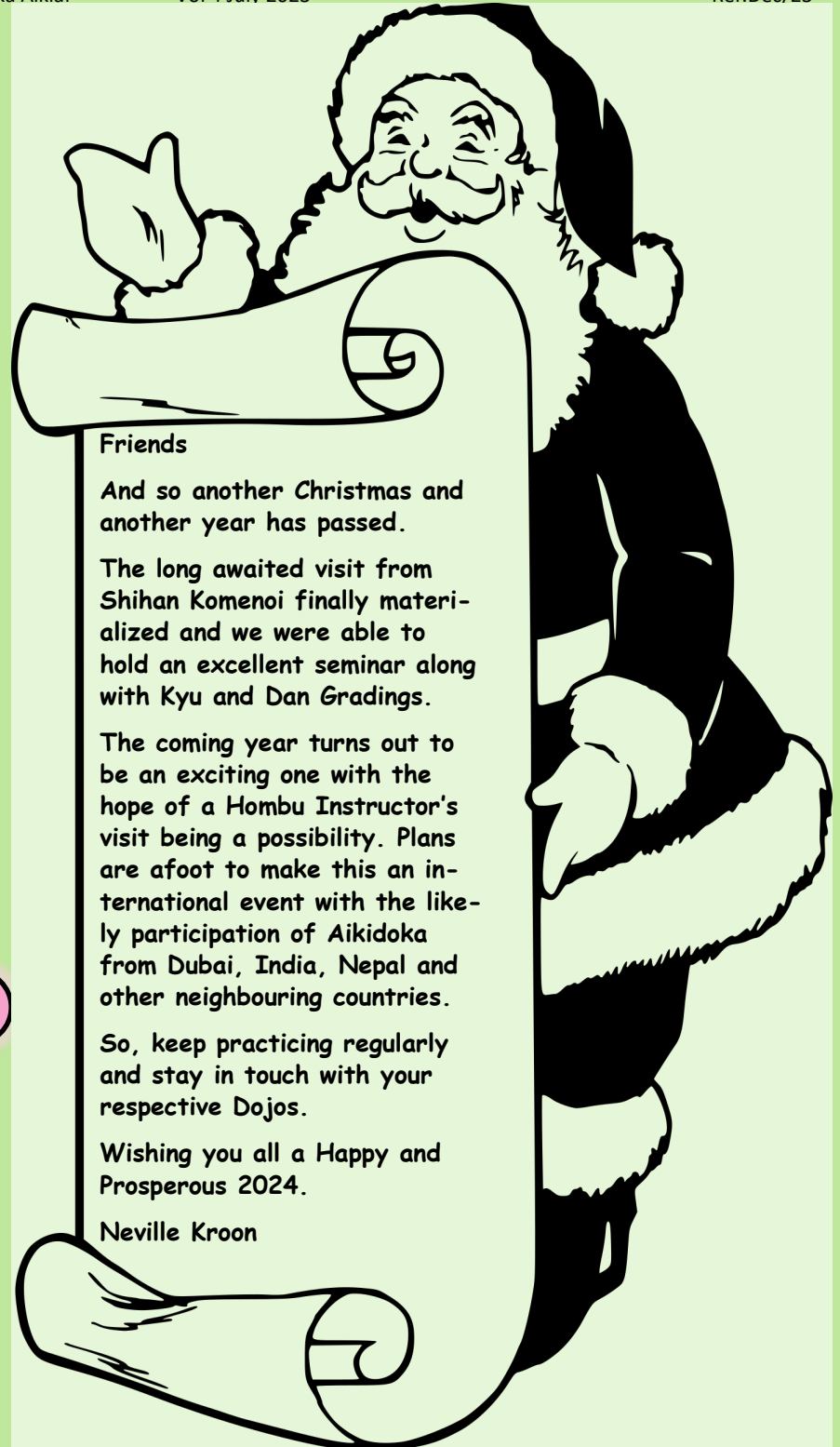
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Friends

And so another Christmas and another year has passed.

The long awaited visit from Shihan Komenoi finally materialized and we were able to hold an excellent seminar along with Kyu and Dan Gradings.

The coming year turns out to be an exciting one with the hope of a Hombu Instructor's visit being a possibility. Plans are afoot to make this an international event with the likely participation of Aikidoka from Dubai, India, Nepal and other neighbouring countries.

So, keep practicing regularly and stay in touch with your respective Dojos.

Wishing you all a Happy and Prosperous 2024.

Neville Kroon



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යිකිදෝ ශිල්පය හදාරමින් සිටින සහ හැදෑරීමට බලාපොරොත්තුවන සියලු දෙනා වෙත ආදරයෙනි.

ඉන්පසුව “කොමෙනොයි අරමුදලින්” ගාල්ල බද්දේගම ප්‍රදේශයේ පාසැල් ළමයින් සඳහා අත්‍යවශ්‍ය භාණ්ඩ බෙදා දෙමින් ඒ කටයුත්තද ඉතාම සාර්ථක ලෙස නිමා කිරීමට හැකි වීම

“උයෙශිබා මොරිහේ”, අපගේ ශිල්පයේ නිර්මාතෘවරයා ගේ කියමනකින් මෙය අවසන් කිරීම වැදගත් යැයි සිතමි.

පසුගිය වර්ෂ 2020න් පසු එළඹුණු ආපදා සහිත, කඩාවැටුණු රටක සිරවුණු අප සියලු දෙනාගේ යම් පමණකට අස්වසමින්, ශාරීරික, මානසික සහනයකට මංපෙත් විවර වූ සහනදායී වර්ෂයක් 2023 උදා විය.

අප ලද ජයග්‍රහණයකි. දරුවන් ඉදිරිපත් කළ සංදර්ශනයන් කෙටි වුවත් කිසිදු අඩුපාඩුවකට ඉඩ නොතබා ඉදිරිපත්කිරීම විශේෂයෙන් සඳහන් කළ යුතුය. ඒ සඳහා විදුහලේ විදුහල්පතිතුමා ඇතුළු කාර්ය මණ්ඩලය , දෙමවුපියන්, සහ අසල්වාසීන්ට අපගේ ගෞරව පූර්වක ස්තූතිය පුද කෙරේ.

“අවස්ථානු ගතව සිදු කරන අයිකිදෝ වලන වරෙක දියමන්තියක් සේ දැඩි විය යුතුය. එසේම, වරෙක විලෝ ගසක් සේ නම්‍යශීලී විය යුතුය. තවත් වරෙක දිය දහරක් සේ මනාව ගලා යා යුතුවාක් මෙන්ම අවසන ගැඹුරු මහ මුහුද සේ නිශ්චල විය යුතුය.”

කෙසේ වුවත්, සෞඛ්‍ය, ගමනා ගමනය, ආර්ථිකය, කඩා වැටෙන විටදීත් නොසැලී, මේ සියල්ල ජයග්‍රහණය කර ගත හැකි වනු ඇතැයි බලාපොරොත්තු සහගතව, අධිෂ්ඨානශීලීව, විවිධ දුෂ්කර තත්වයන් හමුවේ ඔබ සෑම කටයුතු කොට ඇත.

මෙසේ 2024 වසරට සාර්ථකව මුහුණදීමට අවශ්‍ය වටාපිටාව නිර්මාණය වී ඇත. මෙහිදී අපගේ ජ්‍යෙෂ්ඨ සිසුන්ට විශේෂයෙන් මතක් කළ යුතු කරුණක් වන්නේ; ඔබ ලබා ගත් “කියු” සහ “කළපටි” ශ්‍රේණියට අදාළ වන තත්වයන්/ප්‍රමිතිය ඔබ ආරක්ෂා කළ යුතු බවයි. එසේ කළ හැකි වන්නේ ඔබ විසින් පුහුණු වීම් නිසියාකාරව නොකඩවා සිදු කරනු ලැබීමෙනි. සෑම විටම අපට නිදහසට කාරණා වුවමනා තරම් ඉදිරිපත් කළ හැකිය.

ඔබ සියලු දෙනාට නිදුක්,නීරෝගී, වාසනාවන්ත සුභ නත්තලක් සහ ලබන්නාවූ 2024 සෞභාග්‍යයෙන් පිරි ජයග්‍රාහී වසරක් වේවා!

අජිත් ගුණතිලක
ප්‍රදාන උපදේශක

වෙනස්වූ පරිසරයට හැඩගැසෙමින්, පා පැදියෙන්, පාගමනින් පවා පුහුණුව සඳහා පැමිණෙමින් තම ශාරීරික , මානසික තත්වයන් ඉහල තලයකට ගෙනයමින් අන් සියලු දෙනාගේ තත්වයන් උසස් කිරීමට ඇප කැපවූ අපගේ සංගමයේ ජ්‍යෙෂ්ඨ සාමාජිකයින්ට පමණක් නොව එසේ අනුන්ගේ යහපත වෙනුවෙන් කැපකිරීම් කළ ලංකා වාසී, ලෝක වාසී සියලු දෙනාටද මාගේ හෘදයාංගම තුනී පුද කිරීමට මෙය අවස්ථාවක් කර ගනිමි.

ඔබ මේ ශිල්පයේ ඉහලට ගමන් කරන විට අයිකිදෝ යනු කුමක්ද යි ඔබට අමතකව යා හැකිය. නිවැරදිව අයිකිදෝ පුහුණු කරන්නා තුළ ශාරීරික ව පමණක් නොව, මානසික ගුණ වගාවන් ද වර්ධනය නොවන්නේ නම්, ශිල්පය පිළිබඳව ඔබගේ දැනුමේ යම් ගැටළුවක් ඇති බව වටහා ගත යුතුය. ඔබ සතු වගකීම් සහ යුතුකම් මොනවාදැයි ඔබ හඳුනාගෙන තිබිය යුතුය.

ශ්‍රී ලංකා අයිකිදෝ සංගමය -
ශ්‍රී ලංකා අයිකිකායි

වසර අවසානයට ලඟා වන විට අපගේ බලාපොරොත්තු සඵල කරමින්, ශිහාන් තදාශී කොමෙනොයි, නොවැම්බර් 09 දින ලංකාවට පැමිණියේය. දින දෙකක සාර්ථක වැඩ මුළුවක් හා “කියු සහ කළපටි” ශ්‍රේණිගත කිරීමේ පරීක්ෂණයක් ද අවසාන කිරීමට හැකි විය.

ඒ සඳහා ඔබ කළ යුතු වන්නේ අයිකිදෝ කුමක්දැයි නැවත මුල සිට සොයා බැලීමත් ඊට අනුව හැඩගැසීමත් පමණි. මක් නිසාද යත් අයිකිදෝ යනු ඔබගේ ජීවත් වීමේ කලාවද විය යුතු බැවිනි.



මෙවර විශේෂත්වය ලෙස නවක සිසු සිසුවියන් 15 කට ආසන්න ප්‍රමාණයක් ශ්‍රේණිගත කිරීම සඳහා ඉදිරිපත්වී, එම අභියෝගයට සාර්ථකව මුහුණ දීම පැසසුම් කටයුතු ය .

මෙම ලිපිය අවසාන කිරීමට ප්‍රථම ගරු

From the Dojos -

The Aikido Dojo in Borella was started with many challenges and was eventually given life with the support of Sensei Thilanka and Shidoi Kushan. For two months we three practiced with a few juniors from Nugegoda joining in. Then by January we got our first student and by February end we had four.

It went on from strength to strength and the enthusiasm of the kids were fantastic. The eagerness to learn, to show they are interested (as the parents say, by Saturday morning they are all ready with the Gi on!) and to do a grading in front of others and Shihan Komenoi in attendance was simply amazing.



I simply love the Saturday class because the mere fact of kids being kids, will always be genuinely ex-

Borella



cited and interested. After class when I ask them any questions, they unpretentiously ask some hilarious questions too. Like for instance, why a nerve on my bald head is visible ..

The Christmas party too was well organized with the parents helping out in a big way. The association thanks them wholeheartedly.

All in all, the year was an eventful one, starting with one student in January to 11 students by December.

Awesome!

Sensei Mahesh
Mannapperuma

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FOR KIDS, WOMEN & MEN

CONDUCTED BY SRI LANKA AIKIDO ASSOCIATION SRI LANKA AIKIKAI

So it's always fun with them and it keeps me going as well.

It is with immense pleasure that we present the progress report for the Sri Lanka Aikido Association (SLAA) Nugegoda Dojo for the remarkable year of 2023. This year has been nothing short of fantastic, filled with growth, collaboration, and the resilient spirit of Aikido.

Throughout the year, we witnessed the continued dedication of many senior members who consistently attended practices, contributing to the vibrant atmosphere at the Nugegoda Dojo. Additionally, the presence of several foreign participants brought a diverse and enriching dynamic to our community, fostering a sense of unity and harmony among all members.

Despite the inevitable ups and downs, the Aikido spirit prevailed, allowing us to overcome challenges with a positive mindset. One of the notable surprises of the year was the visit of Gami Sensei, and we were delighted to blend our practices under his guidance during Tuesday classes. This unexpected collaboration added a unique dimension to our training sessions, emphasizing the adaptability and openness inherent in



A highlight of the year was our annual seminar conducted under the expert supervision of SLAA Founder Shihan Tadashi Ko-

Aikido.

Financial challenges posed obstacles for some members, but thanks to the benevolence of the SLAA Committee, exceptions were granted, ensuring that those facing difficulties could continue their Aikido journey. This support exemplifies the community's commitment to inclusivity and the belief that everyone should have the opportunity to practice Aikido, regardless of financial constraints.

The commitment of our members shone brightly, even on heavy rainy days, as practices continued with unwavering

enthusiasm. The event attracted participants from various martial arts disciplines, creating a dynamic and collaborative environment. It was especially heartening to witness the active participation of kids, ensuring the continuation of Aikido principles to the next generation.

In terms of gradings, the year 2023 saw significant achievements with two San Dan, one Ni Dan, two 2nd Kyu, three 3rd Kyu, and one 4th Kyu promotions. These accomplishments reflect the dedication and progress of our members, and we congratulate each individual on their well-deserved achievements.

As we bid farewell to 2023, we eagerly anticipate another year filled with new challenges, growth, and the addition of new members to our Aikido family. Together, let us continue to foster the spirit of Aikido and create a welcoming space for all who seek to embark on this incredible journey.



enthusiasm. We extend our heartfelt gratitude to everyone who braved the elements to contribute to the vibrant spirit of the Nugegoda Dojo.

Sensei Thilanka

Liyanage

It is with great pleasure that we present the progress report for the Sri Lanka Aikido Association (SLAA) Wattala Dojo for the year 2023. Despite the challenges faced, the dojo has shown resilience and determination in maintaining its commitment to the art of Aikido.



invest our time in nurturing their Aikido journey. It is particularly fulfilling to see young minds actively engaging with the principles of Aikido, and we believe in the long-lasting impact it can have on their character development.

Sensei Thilanka Liyanage

Sri Lanka Aikido Association

Wattala Dojo

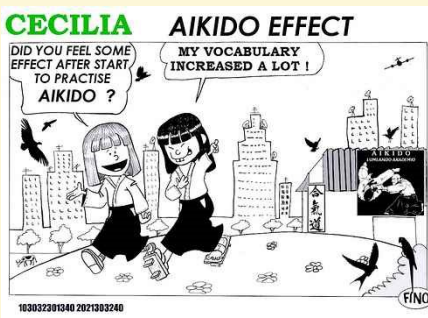
No 168, Batagoda Road, Handala Wattala

The year commenced with unique challenges, yet we were able to persist and continue our classes on Saturdays. At the beginning of the year, we had four dedicated individuals attending our classes – three enthusiastic kids and one senior member. The commitment of these individuals has been commendable, and it reflects the spirit of Aikido.

Looking ahead to 2024, we have exciting plans to groom these individuals to the next level. Our aim is not only to

Under the guidance and supervision of Ajith Sensei, three out of the four members participated in the Kyu Grading in 2023. It is heartening to announce that both of the kids successfully obtained the 6th Kyu, showcasing their dedication and progress in the art of Aikido. The senior member also achieved the 5th Kyu, demonstrating the diverse range of ages and backgrounds that Aikido embraces.

deepen their understanding and proficiency in Aikido but also to instill values of discipline, respect, and resilience. As part of our Kyu goals, we are eager to encourage and attract more kids to join



SLAA Wattala Dojo, providing them with the advantage of learning the art of Aikido at a young age.



The passion exhibited by these individuals is truly inspiring, and we are grateful for the opportunity to

The journey of Aikido is a continuous one, and we are grateful for the support of our members and the community. Together, we look forward to another year of growth, learning, and harmony at the Sri Lanka Aikido Association Wattala Dojo.

合氣道

Bushido - The way of the Samurai

In ancient Japan, the samurai were renowned for their bravery and honor. However, even these warriors experienced fear. Fear of battle, fear of failure, and fear of death were all obstacles they had to overcome.

To overcome their fears, the samurai practiced a variety of mental and physical exercises. One such practice was called "mokusou," or "silent meditation." This involved sitting quietly and focusing on one's breath to clear the mind of distracting thoughts and emotions.

In addition to meditation, samurai also engaged in rigorous physical training to strengthen their bodies and build confidence. They practiced sword fighting and other martial arts, challenging themselves to overcome their fears of injury and pain.

One famous story tells of a samurai who was terrified of battle. He sought the advice of a wise old master, who gave him a simple but profound piece of advice: "Fear is only as deep as the mind allows. You must find the courage to face your fears and overcome them."

With this wisdom in mind, the samurai devoted himself to rigorous training and meditation. He faced his fears head-on and eventually became a renowned warrior, revered for his bravery and selflessness in battle.

The lesson we can learn from the samurai is that fear is not some-



thing to be avoided, but rather embraced and overcome. By training the body and mind to face our fears, we can become stronger and more resilient, capable of achieving great things and protecting what we hold dear.

Darth Vader

Darth Vader, one of the most iconic characters in the Star Wars universe, can be seen as a quintessential Samurai. Although not belonging to the Samurai society of feudal Japan, Darth Vader exhibits many characteristics that resonate with the image of a traditional Samurai.

Firstly, Darth Vader embodies the traits of patience and resilience. In his past, he was a skilled Jedi named Anakin Skywalker, but later turned his back and became a Sith. He had to endure numerous trials and sufferings to become Darth Vader. However, he did not lose his way and constantly sought balance and justice. Through his emphasis on determination and endurance, Darth Vader showcases the perseverance and courage of a true Samurai.

Secondly, Darth Vader exemplifies an important virtue in the Samurai philosophy, which is loyalty. Despite falling to the dark side and becoming an ally of the Sith, Vader remains loyal to his trusted mentor, Emperor Palpatine. He

sacrifices himself and submits to Palpatine's control to protect and serve him. From Vader's decisions, we see the values of loyalty and respect for leadership, a cherished virtue in the Samurai ethos. Lastly, Darth Vader also carries a sense of morality and humanity. Despite becoming a Sith Lord and committing heinous acts, Vader retains a trace of compassion. He feels remorse and seeks redemption for his mistakes. When his son, Luke Skywalker, faces the threat of being killed, Darth Vader forsakes everything to save his son and fights for filial piety and forgiveness. The humanity and familial love within Darth Vader demonstrate the importance of virtue and ethics, as well as benevolence in the Samurai code. Darth Vader, beneath the cruel and dark façade of the Sith armor, embodies many elements and qualities of a typical Samurai. From patience and resilience to loyalty and humanity, this character signifies an embodiment of the Samurai philosophy in a different universe.

Honor

"Honor and Reverence: The Samurai's Code of Conduct" In ancient Japan, being a samurai encompassed more than simply mastering martial arts and wielding a sword. It constituted a complete way of life, governed by a stringent code of conduct that dictated every aspect of a samurai's conduct. Among the foremost principles that guided samurai existence was the notion of showing profound respect towards their adversaries. For a samurai, slaying an enemy was not solely about triumphing in battle. It entailed upholding honor and dignity, even amidst the throes of violence. A genuine

samurai held the skills and valor of his enemies in high regard, regardless of their affiliation in a conflict.

A samurai demonstrated their respect for adversaries by refraining from harming their kin or families. Such an act was deemed dishonorable and cowardly, for it suggested that the samurai was unwilling to confront their enemies on the battlefield.

Instead, samurai frequently spared the lives of their foes' relatives, exemplifying mercy and compassion even amidst the ravages of war. This act of benevolence was regarded as an emblem of strength, revealing the samurai's ability to exercise restraint and compassion, even when confronted with violence.

Another pivotal principle embraced by samurai was the prohibition of ambushing or launching surprise attacks. Such tactics were considered acts of cowardice, indicating a samurai's unwillingness to engage their enemies face-to-face.

For a samurai, engaging in combat with honor and courage outweighed the pursuit of victory at any cost. Even amid the chaos of battle, a samurai would never stoop to treacherous methods, instead choosing to fight with integrity and respect for their opponent.

These principles of respecting adversaries, sparing their families, and fighting honorably formed the very essence of samurai identity. They were not mere guidelines to be followed, but a way of life that embodied the loftiest ideals of bravery, compassion, and honor.

Consequently, these principles have endured throughout the centuries, continuing to inspire individuals and serving as a timeless reminder of the significance of treating others with respect, even amidst times of conflict.

Samurai

"Have you found a reason to live and be willing to die for it? This is a question that demands dedication and courage, much like the samurai warriors of the past. But

today, I want to pose this question directly to you and explore whether, in our modern lives, you have a similar ideal and passion.

Samurai warriors lived with a spirit of battle and absolute devotion. They sought not just fame or dominance, but a deep sense of meaning and lofty goals. The samurai found purpose in protecting values and principles they believed in, whether it be honor, love for their country, or the well-being of their family and loved ones.

Therefore, take a moment to consider and ask yourself if you have a higher purpose that you would sacrifice and live for. It could be finding joy and significance in helping the less fortunate, upholding and preserving moral values, or even pursuing personal growth through the martial spirit of the samurai.

Do not let life pass by silently and unremarkably. Be courageous in pursuing the ideas and values you believe in, much like the samurai did in the past. This not only creates a life worth living, but also inspires and influences those around you.

Remember, you don't need to become a great hero or a legendary figure to find meaning in life. Every small action, every sincere word, and every little contribution can make a significant difference. Cherish and seize every moment to live with purpose and passion,

just like a samurai."

"Fall seven times, stand up eight."

The saying "fall seven times, stand up eight" is a proverb in Japanese that is commonly attributed to a variety of sources. While its origin is unclear, it is often associated with Japanese Zen Master Shunryu Suzuki, who included a similar phrase in his book "Zen Mind, Beginner's Mind."

The specific number "seven" in the phrase is believed to have been chosen simply because it represents a large, but not infi-

nite, number. In Japanese culture, the number seven has traditionally been considered a symbol of good fortune and is often associated with completion or fullness. Therefore, the phrase "fall seven times" may suggest that one has experienced a full range of failures or obstacles, but that there is always an opportunity to stand up and try again.

Regardless of its origin, the phrase has come to represent the idea of perseverance and resilience in the face of adversity. It encourages us to not give up after one, two, or even several setbacks, but to keep pushing forward and striving towards our goals. By doing so, we can develop the strength and character necessary to overcome any challenge.

Makoto

Makoto is the sixth principle of the Bushido code and it refers to "sincerity" or "truthfulness". This principle emphasizes the importance of being truthful and honest in all aspects of life, and of acting with sincerity and integrity.

In the context of the samurai code of ethics, makoto was seen as an essential quality for a samurai warrior. It was believed that being truthful and honest was the foundation of all other virtues, and that it was impossible to be a true samurai without a commitment to sincerity and integrity.

Makoto was not just about being honest with others, however. It also emphasized the importance of being honest with oneself, and of staying true to one's own beliefs and values, even in the face of adversity. Samurai warriors were expected to act with sincerity and integrity, even if it meant going against popular opinion or risking their own lives.

In modern society, the principle of makoto continues to be an important part of Japanese culture. It is considered to be important to be truthful and honest in all aspects of life, and to act with sincerity and integrity, even in difficult situations.

Courtesy: Hagakure - The Book of the Samurai



Welfare -The Komenoi Fund and the Joy of Giving

The Komenoi Fund was established by the Founder of The Sri Lanka Aikido Assn.—Sri Lanka Aikikai, Shihan Tadashi Komenoi, with the objective of supporting and providing relief to children in need, in various parts of the country.

As is his custom, this year too, a needy school in the south of Sri Lanka was identified and one day in his itinerary was set apart to travel down to Baddegama in the Galle district to visit the Pilagoda Junior School. Having had prior discussions with the authorities, a donation of books, pens, pencils, school bags, socks/shoes and various other items needed by the School were donated.

The children and the staff were thrilled and staged an enthusiastic welcoming ceremony for Shihan and the visitors. In his address, Shihan Komenoi thanked those present and distributed the gifts to the children, who gleefully accepted them.

That experience of sharing with the needy and seeing the joy and exuberance of happy recipients is something Shihan and all present will retain in their memories for years to come.

Mahesh Mannapperuma





GRADING RESULTS

Grading Date 11th November, 2023



Nugegoda Dojo

Ms. Arosha Jayasundera

Ni Kyu

Sarath Gamage

Ni Kyu

Nethmin Kulathunga

San Kyu

YMCA (Col) Dojo

Rajesh Frnando

Yonkyu

Elisha Xandra Fernando

Roku Kyu

Xaviera Fernando

Roku Kyu

Ahilan Santhosh

Roku Kyu

Wattala Dojo

Dananjaya Damith Jinadasa

Go Kyu

Mihela Abeydiwakara

Roku Kyu

Mithula Abeydiwakara

Roku Kyu

TASS Dojo Borella

Devagya Abeywardena

Roku Kyu

Shanik Perera

Roku Kyu

Mahaj Bodinagoda

Roku Kyu

Yanika Pathirana

Roku Kyu

Liyana Perera

Roku Kyu

Chenaya Premaratne

Roku Kyu

Bavisha Premaratne

Roku Kyu

Riya Pathirana

Roku Kyu

Nethsilu Wickremaratne

Roku Kyu

Niklesh Jayaratne

Roku Kyu

Jacob Gray

Roku Kyu

DAN Grading (awaiting confirmation)

Sensei Thilanka Liyanage

San Dan

Sem. Kushan Kulathunga

San Dan

Sem. Delon Weerasinghe

Ni Dan



Seminar in progress



3rd Dan Grading



2nd Dan Grading

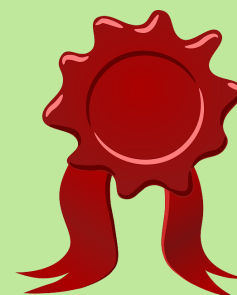


Photo Corner



That's all folks. See you in the next Newsletter, the Avurudu version, in April.

Keep on practicing.