

Friends,

It has been six months now since the Annual General Meeting of the Association and I feel it is time to reach out to our members to keep you all updated on the work being done behind the scenes.

Unfortunately, due to the present situation in the country, practices have had to be curtailed and, in some instances, even canceled. Attendances have been very low, sometimes only 5-6 members or less. Consequently, our cash flow also has been affected with a substantial loss of revenue.

T-Shirt sales have been less than expected and carrying the inventory has been cumbersome not to mention the relative costs.

Hopefully, the situation will ease somewhat by the end of July and we can get back to our usual schedules.

Instruction will continue at the Nugegoda and Wattala Dojos at the usual times. At the moment, the Tuesday Class at Nugegoda is oriented towards beginners and more basics are taught. The Thursday Class is more oriented toward Seniors' practice.

Practices at the YMCA Colombo and Dehiwela are still under discussion and we are hopeful that a positive response will be forthcoming in the immediate future.

Sensei Mahesh has been exploring the possibilities of holding practices at the TASS Gym in Borella and this should come on stream at least by early August.



At the moment we are planning to hold a one-day Workshop at Nugegoda towards the latter part of August. It is very unlikely that a Shihan from Hombu will be able to attend, but our Senior Instructors are more than capable of handling this. The date will be informed once everything is finalized and we expect all Aikidoka, both past, and present to attend this important event.

On the Administration side, we have finalized the Constitution and Finance and Administration Procedure for the Association. These documents are forwarded herewith for your perusal and comments. Hard copies of these documents will be available at your respective Dojos. It is important that each of you goes through these documents carefully as they can only be made legal on the approval of a 2/3 majority of the full membership of the Association at a Special General Meeting. to be held in due course. once the Annual

Accounts are finalized and audited.

Sensei Indika is busy installing a Members' Database which can handle many aspects of routine tasks such as accepting new members, Membership payments, Dojo Attendance, Accounting functions, etc. online. We expect an initial rollout by the end of July.

The website is operational but a lot of work has to be put in in order to make it more presentable. Anithab is very busy with this and we hope to have some basic information available on the site at least by August.

Sensei Indika and Delon have started up a project to record a series of instructional videos, initially for Kyu Grades, which will be very useful, especially during gradings. Initially, these will be in English with Sinhala subtitles and subsequently, we will cater to our Tamil-speaking friends as well. We hope to upload these videos to YouTube as well as have them available on the website no sooner it is operational.

Sensei Thilanka and Kushan are engaged in a project to prepare a Members' Handbook to be distributed among the Membership. Whilst providing an Identity, this will provide a lot of useful information with regard to your practices.

Stay Safe & Take Care

Neville Kroon

The Newsletter of the Sri Lanka Aikido Association – Sri Lanka Aikikai Vol.1 July22
Sensei's message

අපගේ සියළුම Aikido

සාමාජිකයන් සහ සාමාජිකාවන් වෙත

අප රට තුළ වසර 2ක පමණ කාලයක සිට ඇතිවී ඇති ව්‍යාසනකාරී තත්වය හමුවේ මා, ඔබ සියලු දෙනා කිසියම් හෝ අර්බුද කාරී තත්වයකට මුහුණ දී සහ මුහුණ දෙමින් සිටී.

කෙළවරක් නොපෙනෙන අර්බුද හමුවේ අපගේ පුහුණුවීම් අඛණ්ඩව පවත්වාගෙන යාම ජ්‍යෙෂ්ඨ උපදේශකයින් සියලු දෙනාගේ අදහසයි.

වරින්වර යම් කඩා වැටීම් තත්වයකට මුහුණ දීමට සිදු වුවත් නිතර පුහුණු වන කිහිප දෙනා වෙනුවෙන් නොකඩවා පන්ති පවත්වාගෙන යාම තවදුරටත් සිදුවනු ඇත. මක්නිසාද යත් අප හට ඕනෑම දෙයක හොඳ ප්‍රතිඵල ලබා ගත හැක්කේ නොකඩවා පුහුණු වීම් සිදු කිරීමෙන් පමණක් බව ඔබ සියලු දෙනා හට අමුතුවෙන් කිවයුතු දෙයක් නොවන බවද මා විශ්වාස කරණ බැවිනි.

මේ වන විට උග්‍රව පවතින ඉන්ධන හිඟයට පිළියම් ලෙස ජ්‍යෙෂ්ඨ උපදේශකයින් කිහිපදෙනෙකුම පාපැදි වලින් පැමිණෙමින් ඔබලාට ශක්තියක් වෙමින්, නොකඩවා පුහුණු වීම් කර ගෙන යාම සඳහා ඔබලා දොරටුවෙන් කිරීම ප්‍රශංසා කටයුතු ය.

එසේ කරන්නේ නොකඩවා පුහුණුවීමේ අගය ඔවුන් මනා ලෙස අවබෝධ කොට ඇති බැවිනි.

ඔබ සියලු දෙනාට පාපැදි වලින් පැමිණිය හැකි දැයි මා නොදන්නා අතර එසේ පැමිණීමට නොහැකි නම්

නියමිත දවසෙ නියමිත කාලය නිදහස්ව තබා ගැනීමට උත්සහ ගන්න.

අප පුහුණුවීම් ආරම්භ කරන වෙලාවට ඔබත් මූලික ආචාර කිරීම සිදුකොට ඇඟ උණුසුම් ව්‍යායාම කරන්න. ඉන් පසුව ඔබ දැනුවත් ව ඇති තාක්ෂණ ක්‍රම සහායකයකු සිතේ මවා ගනිමින් කිරීමට උත්සාහ කරන්න.

මුලදී එය අසීරු විය හැකිය, නොකඩවා උත්සාහ කිරීමෙන් ඔබට සාර්ථක විය හැකිය.

ඔබට එසේ කළහැකි වුවොත් මෙම දුෂ්කර කාලය අවසන් වන විට ඔබට නැවතත් මුල සිට පුහුණුවීමට සිදු නොවනු ඇත. මෙහිදී විශේෂයෙන් සඳහන් කලයුතු කරුණක් වන්නේ පසුගිය කාලය පුරාවට නොකඩවා පුහුණු වූ කිහිප දෙනෙකුගේ ශ්‍රේණිගතකිරීම් පරීක්ෂණ සිදු නොවීමයි. එම කාරණය ඉතා ඉක්මනින් සම්පූර්ණ කිරීමටද බලාපොරොත්තු වෙමු.

වසර 2ක පමණ කාලයක් ජපාන උපදේශකයින් සම්මන්ත්‍රණ සඳහා නොපැමිණි පසු බිමෙක එම අඩුව සම්පූර්ණ කිරීම සඳහා ජ්‍යෙෂ්ඨ සාමාජිකයින් කිහිප දෙනෙකුගේද ඉල්ලීම මත ඔබ සියලු දෙනාට සහබාගිවිය හැකි අපගේ ජ්‍යෙෂ්ඨ උපදේශකයින් ඉදිරිපත් කරන සම්මන්ත්‍රණයක් සඳහා මූලික කටයුතු මේ වන විට සුදානම් වෙමින් පවතින බවද සතුටින් දැනුම් දෙමු.

ඒ සමගම අප රටේ පවතින මූලික ප්‍රශ්නය වන ඉන්ධන සහ ගෑස් ලැබීම යහපත් තත්වයක් කරා වර්ධනය වුවහොත් මේ වසර අවසාන වන විට අප සංගමයේ නිර්මාතෘ ශිභාන් තදාශී කොමන්තොයි තුමාගේ පැමිණීමද අපේක්ෂා කරමින් සිටිමු.

කෙසේ වුවත් අප සැලසුම් කර තිබූ පරිදි ඉදිරි පියවරයන් වෙත ලඟා වීම දුෂ්කර වුවද වෙනස් අත්දැකීම් සමගින් වඩා

ශක්තිමත්ව ඉදිරියට යාමට හැකිවන වන බව මාගේ හැඟීමයි.

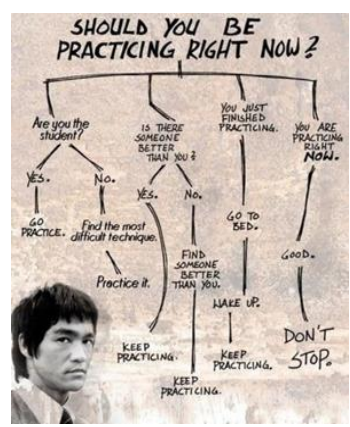
කෙසේ වුවද, අද වනවිට රටේ තත්වය යම් පෙරළිකාර තත්වයක් දක්වා වර්ධනය වීමේ ඉඩක් ඇති වීම නව බලාපොරොත්තු ඇති කරවයි. පවතින අර්බුද හමුවේ ලෝක තත්වයන් ඉක්මනින් යථා තත්වයට පැමිණේ යැයි අනුමාන කල නොහැකි අතර ඉදිරි වසර වලදී වඩා භයානක තත්වයන් දක්වාද වර්ධනය විය හැකි බව අනුමාන කල හැකිය. එබැවින් වඩා දුෂ්කර තත්වයක් හමුවේ වුවද නොසැලී, නොවැටී සිටීමට අධිෂ්ඨාන කර ගන්න. අධ්‍යාත්මික තත්වයන්ට වඩා වඩා නැඹුරු වන්න. එවිට ඔබට කම්පා වීමට කිසිවක් නොවනු ඇති බව මගේ හැඟීමයි.

ඔබගේ දරුවන්ට, පවුලේ අනෙක් උදවියටද මෙය අවබෝධ කරවීමට උත්සාහ කරන්න. එවිට ඕනෑම දුෂ්කර තත්වයකදී ඔබ තනිවම කල්පනා කරනවාට වඩා සියලු දෙනා එක්වී එම අවස්ථාවන්ට සාර්ථකව මුහුණ දිය හැකිවනු ඇත.

ඔබ සැමට ජය, සතුට, නිරෝගී සුව.

මීට

අපීන් ගුණතිලක



Confessions of an Aikido Rebel (fiction)

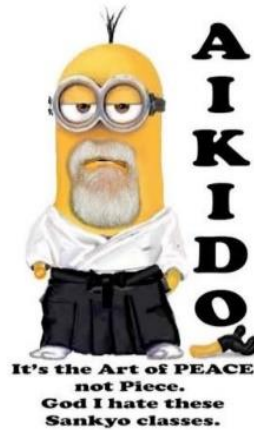
I learned Aikido from Steven Seagal. Well not really, but I have watched all his movies and am fascinated by his moves, especially that “finger flick” thingy where the assailant goes sailing overhead to land very hard and damage all the furniture etc.

I was lucky as my Dad was a fan and we got to watch all his movies over and over again. At 9 years I used to attend a school for ladies, although, believe me, all the ruffians in my class could not possibly turn out to be ladies. Anyway, we had this math teacher who was built like a tank and had a voice like a foghorn. She was known as the Grinch to all and sundry. And me, having math as my least favourite subject and my distinct aversion to homework, was ever the target of her attention all the time. So, my one ambition was to try out the “finger flick” thingy on her and watch her sailing overhead to land with a crash and destroy the desks and chairs in the classroom. I was sure that all my classmates would be grateful and put me on a Roll of Honour or something.

I used all my wiles on Dad and convinced him to enroll me in an Aikido class nearby. Well, that was an eye-opener as, to start with all the instructors, both male and female were wearing skirts. Sort of a unisex thing probably. Then you had to wear a kind of pajama bottom with a coat with no buttons. So we “ladies” had to wear a T-shirt underneath. (To cover our modesty). Seriously! At 9 years one has hardly any modesty, to speak of. But rules were rules. And then there was this belt which one had wrapped around one’s waist in order to keep the coat in place. I thought this modesty thing was going a bit too far, really! Anyway, I dressed up as best I could

and wrapped the belt which was a couple of meters long, about four times around my waist, and tied it with a cute bow.

As “beginners” we had to line up on



the mat facing the instructors and bow low (very low). That was when the Big Cheese or Head Honcho, who was built just like my math teacher approached me and glared with such a bemused look turning my knees to jelly. Finally, it spoke; “why you got trousers on backward?” And for one delightful moment, I thought he would undress me then and there. “Go!” he commanded “and dress”. I vanished into the ladies’ room and a kind soul, also in a skirt helped me to dress “properly.”

I was disappointed, at first, that we did not learn the “finger flick” thingy immediately but we did do a lot of painful exercises. And then there was the “ukemi”. Meaning one must learn to fall properly “without injuring oneself”. As if that was even possible, seeing that the ground or that hard mat was so far away from your face.

And so, life went on but my dedication to the downfall of the Grinch kept me going resolutely. And all the aches and pains and bandages and bruises could not, would not, deter me from my goal.

And then, one fine day we started on our first technique, and it was

about time too. This was not the “finger Flick” thingy but was called “Ikkyo” or First-something-or-other. These Japanese words would be the death of me. Anyway, this was designed as a defence against an attack by a screaming banshee trying to decapitate you. This was something I was familiar with, I had seen Steven Seagal so many times that it seemed second nature. After about 150 or more repetitions, I was flattered if not apprehensive when the Head Honcho pointed directly at me and said, in his foghorn voice, “You! Small lady, Come!!” So, I went. He came straight at me, hands upraised like a sword aiming directly at my head, which had I been there, would have split in two.

But I wasn’t there. The arms came up in a perfect arc and encountered the down-swinging scimitar bearing it down smoothly towards the floor in the same curve while doing a pirouette, Margo Fontaine would have been proud of. The Big Cheese went sprawling and landed face-first on the mat with a deafening thud. “Ooops” I muttered, expecting to get killed but he got up, his face lit up like a Japanese lantern; “that!” he said beaming from ear to ear, “is Aikido!!”

