

1st Sept, 2022

Friends,

**I**t really feels great to come out with this 2nd edition of the Newsletter.

sure, balancing School work, Tuition classes as well as finding time for their various sport activities and study times. Sadly, their highly competitive world leaves very little time for leisure, chilling with friends or just hanging out. Something our previous generations look back on with delight, as being, arguably, the best part of our lives. Indeed, we sat for exams, got into scrapes, pranked our teachers, played truant and still ended up with absolutely no regrets.

As you can see in the next article, Sensei Thilanka has been doing some great work with the kids at the Wattala Dojo but unfortunately has been hampered by the current situation.

Sensei Mahesh too has been planning a kids' class at the Borella

Dojo and is waiting for the transport situation to ease in order to commence there.

The focus right now is how to break the stagnation and improve attendance at training as well as branching out into new, previously unexplored, territories.

There is an abject need to jump out of the well and look for new horizons. Of course, one can point out the lack of financial resources and Dojos. On the face of it, this is true. But in today's world it is not the lack of resources that holds one back but rather the lack

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**It is never the lack of resources, rather the lack of resourcefulness, that holds us back.**

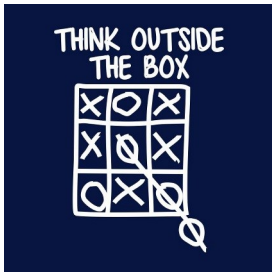
**Tony Robbins**

These three months have simply flown and a lot of water has drifted under the bridge

The situation in the country seems to have "improved" somewhat as far as fuel and gas are concerned but there still seems to be a feeling of uneasiness and tension. Hopefully we can see an improvement in the near future and get back to our regular practices.



The theme this month is all about the kids and how beneficial Aikido can be in their little lives. Children, these days, undergo so much stress and tension. There is Parental pressure, peer pres-



of "resourcefulness."

There is a big world out there with so many opportunities; and I think it is time we put on our thinking caps and did a good Brain-storming session to see how we can get out of this rut

I am including a new section at the end of this Newsletter for a "Forum". I would encourage everyone to write in with your thoughts, grouses, brickbats, whatever. Please write in, in whatever language you are comfortable with, Sinhalese, Tamil, Medamulana, Japanese,

whatever. All thoughts are important and will be included, without restriction.

The idea is to take in all criticism as constructive and work together, as a Team, for a better tomorrow.

Stay Safe & Take Care  
Neville Kroon

# Aikido



# For Kids

by Sensei Thilanka Liyanage

**T**he challenge: In a culture that seems to glorify violence in everything from music to video games and television shows, the idea of enrolling your child in martial arts training classes doesn't always seem like a good one. While martial arts-centered action films seem to be filled to the brim with violent behavior and gory injuries, you may be surprised to learn that martial arts training is actually very beneficial to kids.

**Aikido's contribution to the world:** While people are already aware of the many benefits of martial arts for kids, parents often ask questions such as

Why should I put my child into Aikido?

How is it different from other martial arts?

The answer to both of those questions is that Aikido is nonaggressive. During class, the students are constantly practicing with each other. They take turns, four times doing the technique (nage) and four times receiving the technique (uke). By changing roles they learn the full range of the movement, improving their coordination, balance and general fitness.

## Develop Self-Confidence, Respect, and Cooperation

More importantly they learn how to work together and also how to work with different people. This cooperation leads to a greater respect for and understanding of the other person. At a time when more and more children are victims of bullying, whether physical or cyber based, empathy and awareness are becoming more and more important.

## Learn the Basics of Self-Defense

Aikido provides many other benefits for children. A portion of each class is spent learning how to roll and fall safely. This is



called "ukemi" and is one of the basic of Aikido. It is also the beginning of self-defense. As the student progresses

and matures, they learn more of the practical applications of Aikido technique with the constant reminder that Aikido is a means of peacefully resolving conflicts. In the space of a few short months at the dojo, parents find that their child is healthier, happier and more confident. They are calmer and are able to concentrate for longer periods of time. They make new friends and become part of a larger community.

## Benefits of enrolling your child to a Aikido class:

**Boosting Socialization Skills:** Kids who don't always thrive in highly social environments may find it easier to get to know people and make new friends when they're in a room filled with peers who share a common interest. The kids on the playground may not always have much common ground, but devotees to the martial arts are able to get to know one another through shared pursuits. Partner-driven forms like jiu jitsu can also foster camaraderie, as they force kids to pair off and build their skills together.



**Encouraging Physical Activity:** Limiting screen time is a great idea when it comes to getting kids off the couch and encouraging them to be more active, but it only goes so far. Enrolling an inactive child in such a physically demanding pastime not only discourages the sedentary lifestyle she's used to, but also gives her an enjoyable activity that inspires her to keep moving.

**Learning to Set and Achieve Goals:** Most forms of martial arts are based around an accomplishment system of colored belts that signify the wearer's degree of skill. When your child strives toward each new belt, he's learning valuable lessons about setting and reaching his goals.

**Increased Self-Esteem:** Confidence comes with achievement, so your child's self-esteem level will get a boost with every new move he masters and every belt he earns. Kids who struggle with a low sense of self-worth usually become more confident as time progresses while they're enrolled in a martial arts class.



## Instilling a Sense of Respect:

Learning any martial arts style will require your child to show her instructor unflinching respect. Today's kid culture doesn't always include respect for authority, adults or those in advanced positions.



*Sensei Thilanka's Class at the Wattala Dojo*



**Encouraging Non-Violence:** Conflict Resolution  
Thinking that martial arts instruction promotes violent behavior is justified if your only experience with the activity comes from television or movies. In fact, many defensive styles teach kids peaceful, non-violent conflict resolution skills and emphasize the importance of avoiding a physical altercation.



**Improving Listening Skills:** In order to master the skills she's being taught and advance through the belt ranks, your child will have to exercise superior listening skills. Kids who aren't always adept when it comes to paying attention to what they're told can benefit from the verbal instruction and one-on-one work in her dojo.

**Developing Teamwork Skills:** Whether he's breaking boards to get a new belt or sparring in a practice setting to master a new maneuver, there are few things that your child does in his martial arts classes that will be done on his own. Working together to learn new things and accomplish goals is an important life lesson for kids to learn, and instruction in the martial arts can help your child learn that lesson.



The benefits of martial arts for children are many. If you think that Aikido might be a good fit for your child, please come by and try a class. You might find yourself getting interested as well.

*Sensei Tilanka Liyanage can be contacted on 0777167449*



# Life as a junior Akidoka

By Mudith Manapperuma

I started Aikido when I was 12 years old. I got into it mainly because of my father who was in to it, seriously. He introduced me to the martial art and it suited my personality. It's about strength without violence and the lessons I



learnt through aikido not only gave me that but also discipline. There weren't many practicing similar to my age but I had no problem with learning with the seniors. There is a beauty in aikido almost like a dance when you move so smoothly and overpower even the biggest of people.

I had to stop aikido because I got way too busy with Uni work and a few side jobs and could not find the time to go anymore. I do look forward to starting once more and even maybe teaching someday once I have earned the right to as it is a beautiful, elegant self defense art that teaches you patience and discipline and I believe these are all lessons everyone should invest in.



I struggled with getting certain concepts right but everyone lends a helping hand to guide you to the right technique and form. I remember when I started to do ukemi, my father used to lay a mat at home



and get me to practice. After sometime, it became very easy. Also doing suwari waza techniques was hard for me. Knee pain was unbearable sometimes. That too, in time, I became very good at it. I continued Aikido and got my first grading (1st kyu) when I was 14. Did my second kyu also when I turned 16. Both gradings were conducted by Shihan Komenoi. He's the founder of our association. I also had the privilege to attend two seminars done by Hombu Shihans. Learnt a lot from them.



Editor's note: Mudith is the son of Sensei Mahesh Manapperuma.



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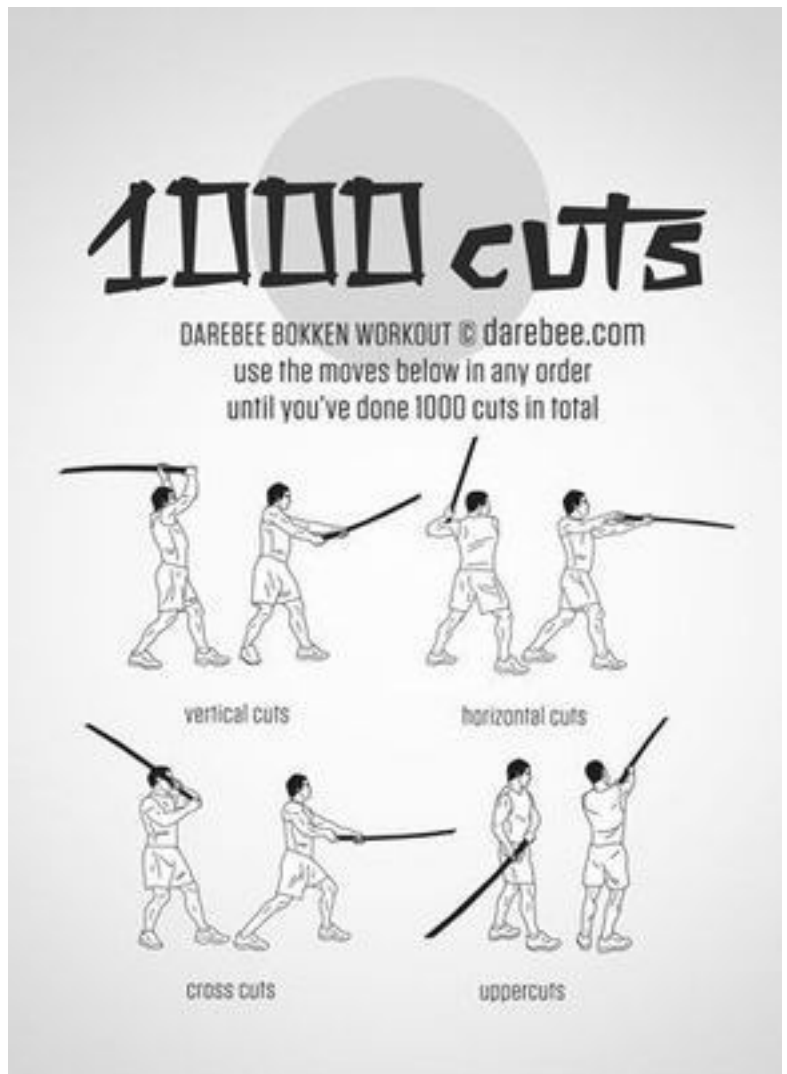
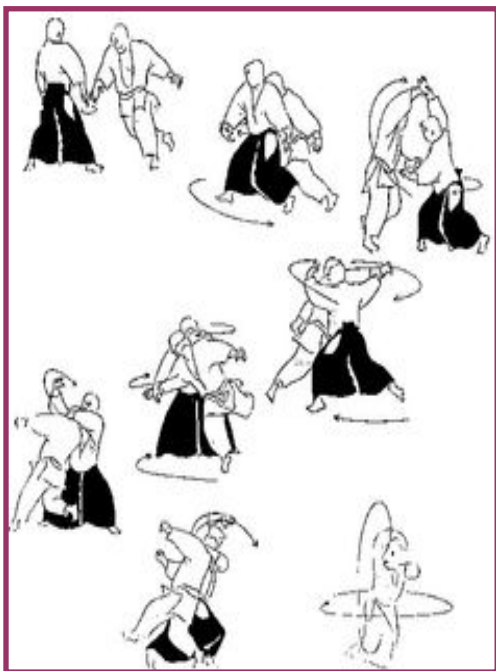
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අපිත් ගුණතිලක.



# FORUM

*This is your opportunity to write in and let us know what you feel. What you think should or should not be done. Any improvements to the system. Do write in, in whatever language you are comfortable with. If you don't want to reveal your name, that's fine too. All letters will be included in the following Newsletter irrespective of content.*

*Also do let us have your comments on this newsletter. Would you like to see changes in the layout, content etc?*

*Please send by email to [kroonn@yahoo.com](mailto:kroonn@yahoo.com) or Whatsapp to 0717572041*

NK

