



SEATTLE AIKIKAI 2017 ANNUAL REPORT







20 YEARS OF EXCELLENCE

We are what we repeatedly do. Excellence is therefore not an act, but a habit.

~Aristotle

Dear Dojo Community,

It is with great pride and pleasure that I write this introduction to Seattle Aikikai's 2017 Annual Report. This year was filled with energy and reflection as we celebrated our 20 years of existence since our founding in 1997. From a rag-tag group of aikido friends training in the park with grass stains on our dogis, it has been one of my greatest pleasures to see us grow into one of the largest, thriving aikido dojos in America.

The path of creating a dojo community has brought together many exceptional people. I am daily impressed with the dedication to training on the mat as well as the caring and connection exhibited by members off the

mat. The power of gathering like-minded people engaged and committed to a process of self discovery and transformation is clear to me everyday of our dojo year. I look forward to marking the next 20 years together, tapping the mat daily, one ikkyo at a time.

Malory Graham,
Chief Instructor, Seattle Aikikai

MISSION STATEMENT

Seattle Aikikai is a not-for-profit dojo dedicated to being a supportive and challenging place for the study of the martial art of aikido. Our dojo is a member of the United States Aikido Federation, recognized by Aikido Hombu Dojo, the Aikido World Headquarters in Tokyo. We have been part of the Seattle community since 1997.

VISION STATEMENT

- Daily practice
- With partners
- In an enjoyable manner
- Without competition
- Into our old age

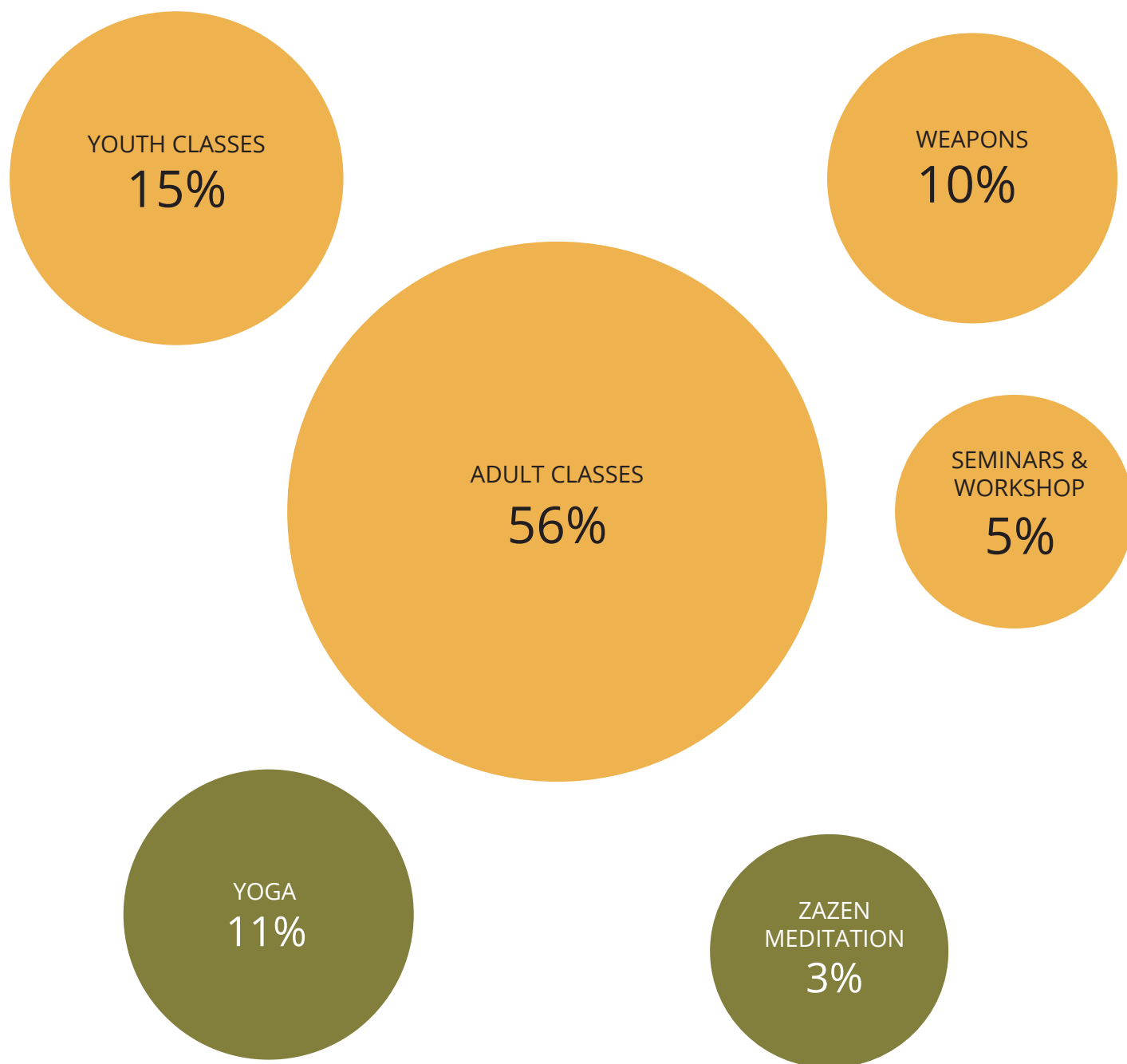
PROGRAM AREAS

Seattle Aikikai is a membership-driven organization. Each year, with the guidance of our board of directors, the membership meets and sets the annual goals for the dojo in four program areas: TRAINING, FACILITY, YOUTH PROGRAMS, AND COMMUNITY. Here are our outcomes for the year.

TRAINING

Seattle Aikikai is dedicated to facilitating personal transformation through the practice of the martial art of Aikido. We offer a full weekly schedule of classes for adults and children, along with a robust offering of special seminars and workshops throughout the year.

HOW WE SPEND OUR TIME



PROGRAM HIGHLIGHTS

The Instructor's Laboratory

Meeting on weekends throughout the year, all of the dojo instructors gather to explore and refine our teaching methods. We explore issues such as anatomy, different learning styles, scaffolding pedagogy as well as class design to ensure that we are meeting student needs and providing exceptional training opportunities on the mat for our members.



Soto-Deshi Program

The Soto-deshi program is designed for members who want to deepen their practice by committing to an intensive training schedule and service to the dojo. This involves 8 hours of training a week in addition to special training assignments. Since founding this program in 2014, we have had 8 members commit to the program.

Weapons Intensives

We offer members an opportunity to deepen their understanding of weapons work and how it relates to aikido training by hosting Intensives with Chris Mulligan Sensei from Aikido Kyoto. Emphasis is placed on developing skills in both solo kata as well as paired practice with both jo (staff) and bokken (sword).

FACILITY

The major focus for the facility this year was commissioning and installing a new piece of calligraphy for our kamiza.

Sanshin

Seattle Aikikai was honored to receive a new scroll for our Kamiza brushed by Sasagawa Roshi of Tenryuji temple in Japan. Gratitude to Yoko Okamoto Sensei and Chris Mulligan Sensei for making this possible.



"Sanshin" in Japanese means "3 hearts." Zen master Dogen Zenji wrote in his book "Instructions for the Cook," that we should aspire in our daily activities to practice with the three hearts:

1. *dai-shin*: the big or magnanimous heart.
2. *ro-shin*: the heart of kindness, or nurturing
3. *ki-shin*: the heart of gratitude or joy.

The big heart openly receives, without clinging, all things it encounters. This heart is "as great as a mountain and as wide as the ocean."

The nurturing heart, is the heart of a grandparent. It takes care of all it encounters with love, flexibility and kindness.

The joyful heart experiences delight in our life. It is the simple peace and joy that arises through letting go of our self-centered focus and experiencing our shared life in the present moment.



Seasonal Ikebana

Seattle Aikikai hosts a quarterly ikebana workshop. Ikebana, the Japanese art of flower arranging, dates back to the 7th century, when floral arrangements were placed on altars. It is a disciplined art, and has forms and ranks, similar to martial arts. It is steeped in the philosophy of interaction with nature. The workshops are taught by Charles Coghlan, a Master Sensei in the Sogetsu School of Ikebana.

YOUTH PROGRAMS: NEXT GENERATION

Through the practice of aikido, children acquire important life skills that can't be learned in books. In addition to physical fitness and coordination, students also learn the value of focus, teamwork, and discipline, not as abstract concepts but through their own experience. Our children's program is designed for kids 6-13 years old.



COMMUNITY

Aikido is not a technique to fight with or defeat an enemy. It is the way to reconcile the world and make human beings one family.

~O Sensei

When you join Seattle Aikikai, you become part of an extraordinary and diverse community, one that is open to everyone. We are an inclusive community that welcomes everyone who has the desire to practice. Aikido requires commitment and discipline. We are a community that challenges you to be your best, and supports your practice. Our local aikido dojo is part of a larger worldwide community. The Aikido family can be found in every corner of the globe, and we often travel to seminars in the U.S. and abroad.

Inclusivity

We believe that diversity of experience greatly enriches the practice of Aikido. Its success as a martial art depends upon a foundation of a wide range of experiences and perspectives. We are committed to the inclusion and support of all members regardless of race, age, culture, ability, ethnicity, nationality, gender identity and expression, sexual orientation, religious affiliation, or socioeconomic status.

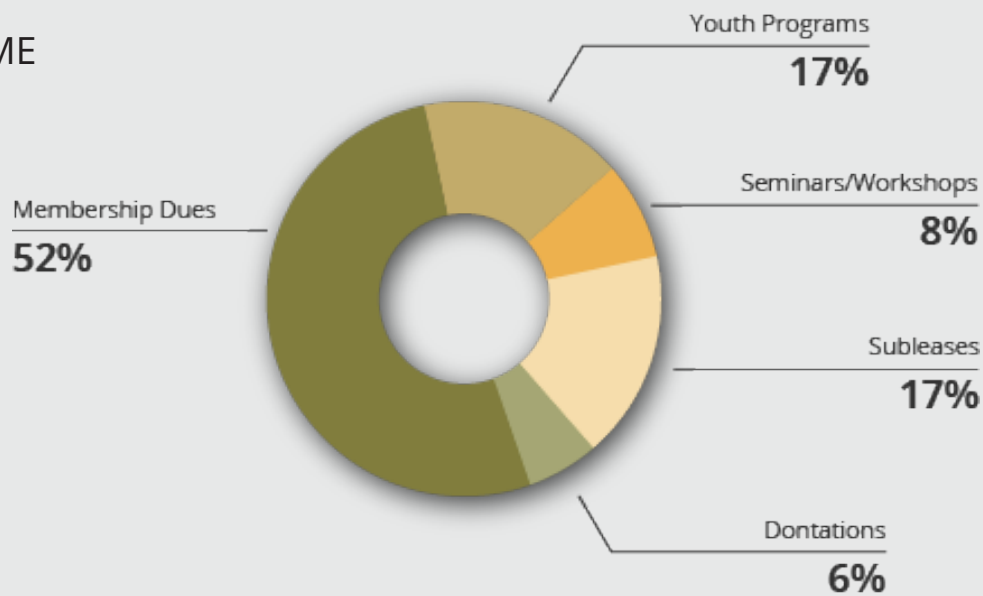
Support of diversity in our membership includes, but is not limited to:

- Practicing non-discrimination at home and at seminars
- Providing scholarships to reduce barriers to participation in classes and events
- Encouraging awareness of inappropriate or offensive language or actions
- Working to reduce physical, social, and economic barriers to practice
- We have a zero-tolerance policy towards discrimination or harassment of any kind.

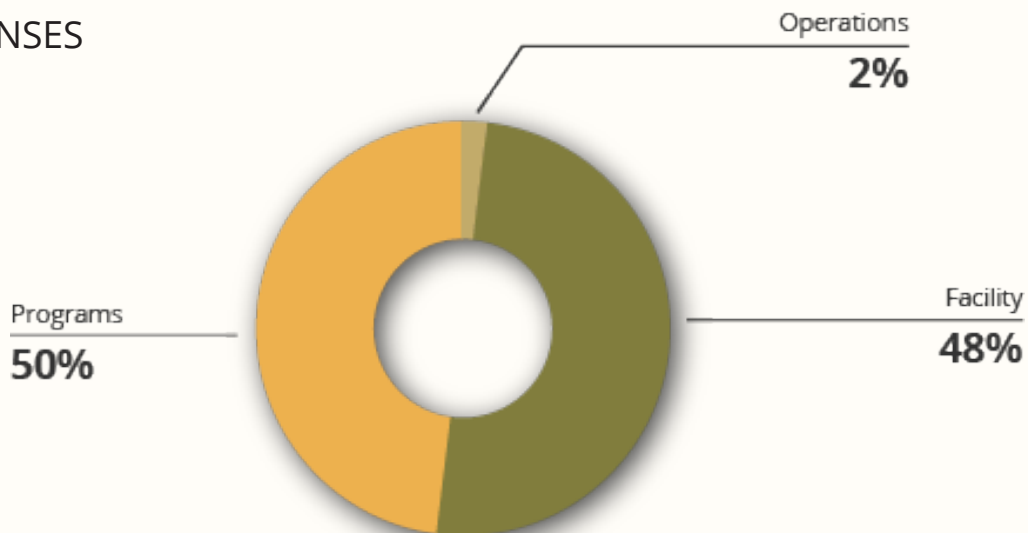
DONATING

As a non-profit 501c(3) organization Seattle Aikikai makes training available to everyone regardless of financial means. Donations are accepted to support our scholarship fund to make this possible.

INCOME



EXPENSES



WHO WE SERVE

60% Male-identified, 40% Female-identified



25% Youth, 75% Adults



67% White Belts, 33% Black Belts



MEET THE BOARD OF DIRECTORS



CHIEF INSTRUCTOR: MALORY GRAHAM

When you walk into a dojo you cross a threshold. You are walking into a space that is unique and special. You feel that you will find something in the dojo that was missing from your life—something that you have been looking for. My job as an instructor is to help facilitate that experience.



BOARD PRESIDENT: FAITH LUMSDEN

There are lots of great things about practicing aikido: the exercise, the self-defense skills, the extra calories I get to consume, the community of friends. But the reason I train is simpler: It's right for me. I just do it



PATRICK ROUX

I practice because it feels so good. It's like singing with your body.



AMANDA PAGE

I train because I love aikido. It's beautiful, effective, and endlessly fascinating and engaging. There is always something new to learn.



PATSY CLARK

Although I no longer train, I serve on the board because I love the community and practice spirit Seattle Aikikai provides. There's no other dojo like it!



LOOKING AHEAD

The dojo has experienced a great deal of change, growth, and improvement over the last 20 years. Looking forward, we'll be focused on ways to increase the quality and reach of our aikido programs, as well as to enable our members to reach their fullest potential. Our guiding principle looking ahead is "Teach People, Not Techniques."

If teaching aikido was just about teaching technique and attaining perfection in doing technique, the job of the dojo would be simple. There would be one way to tell students what to do. But aikido is not a practice of attainment. It is a practice of self discovery and personal transformation.

At the end of one of our classes, hopefully members have learned a new skill, acquired a new level of mastery and maybe feel a little bit more whole in their lives. Maybe they begin to feel a sense of balance and connection—of feeling of being more deeply alive. The yearning that we all have as human beings for a meaningful happy life with a sense of connection to others and something greater than ourselves starts to be a powerful motivation for practicing aikido over the years. Daily practice, with partners, in an enjoyable manner, without competition, into our old age.

3 COMMITMENTS

Commitment to practice. The first and most important aspect of aikido practice is showing up. Prioritizing aikido practice, even and especially at times when we might not feel like it, is essential. The more you practice, the more you benefit in your practice and in your life.

Commitment to aikido lineage. Aikido is a living art that is communicated from person to person. Our practice does not exist in a vacuum, but is made possible thanks to the efforts of many people before us—most importantly, the Ueshiba family, headquartered at Honbu Dojo in Tokyo.

Commitment to care of the dojo. The physical location where aikido practice takes place is itself an essential ingredient in our training. Care of the dojo is the shared responsibility of all dojo members. Cleaning practice is above all the practice of paying attention, which is the same as aikido practice. It should therefore be seen as an integral part of training to be undertaken with seriousness and enthusiasm.



SEATTLE AIKIKAI

101 Nickerson St, Seattle, WA 98109 | 206.341.9801
info@seattleaikikai.org | www.seattleaikikai.com