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Warriors for Peace Academy Attends the Hombu Dojo Instruction Tour in Cebu (Feb 11-12, 2009)

On the morning of February 11, the 'warriors' together with Warriors for Peace coordinators, Noel Sensei, Greavinci and Kenneth, left for Cebu to attend the very 1st Hombu Dojo Instruction Tour held outside Manila. This seminar is usually done annually to assess the development, propagation and growth of Aikido in the Philippines. Hombu, considered as the headquarters of Aikido worldwide, would send a Shihan (high-ranking instructor) to do the said assessment and would sometimes conduct Aikido examination/promotion. Together with the Warriors for Peace Academy participants were few delegates from Kyokan Dojo, an Aikido Dojo led by Noel Fuentes Sensei. Everyone was excited and prepared physically and mentally.

We, the Bacolod delegation, arrived in Cebu around 6:00PM. The remaining hours of the day was spent for rest and relaxation due to the tiring travel. The Bacolod group (composed of Warriors for Peace trainees and Kyokan Dojo members) were invited to join the welcome dinner for the Japanese guests that night. It was a heart-warming moment to meet and greet not only the guest instructors but also the other individuals we consider as very close friends in Aikido. Among them were Sensei Grae and Sensei Benson of SHAC Cebu, who we get to meet only during seminars. Sensei Macapawa, Sensei Monique, Sensei Mabelle and Sensei Winston Guasch, Aikido instructors aware and supportive of the Warriors for Peace program, were also present that night.

Day 1 (Feb 12)

The invited guest, Fujimaki Shihan, refreshed us with basic *ukemi*, basic footwork, and exercises that gave emphasis on posture and balance. There were 3 sessions on that day, 1 in the morning and 2 in the afternoon.

Day 2 (Feb 13)

Day 2 was focused on proper entry, proper usage of the nage's whole body, regaining of uke's balance, and proper timing of technique execution. The 3rd session only lasted for 1 hour and examination followed afterwards. Only 2 examinees took promotional exam, namely Greav and Asnawie, both from Bacolod City. The examination for both examinees was a successful one; both passed and received positive response from the examiner and from the spectators.

The following day, the guests traveled to Manila to conduct the same seminar to the Aikido practitioners of Luzon area. This recently conducted seminar served as an eye-opener to the 'warriors' since this is their very first experience of attending an Aikido seminar as well as their first experience of meeting the bigger Aikido community coming from different regions of the country.

All the delegates hope that this event would be repeated/ continue to be conducted in the Visayas since it is costly (on the part of the Visayan delegates) if placed in Manila. All were tired but happy and inspired to experience such rare event. The rest of the

'warriors' are expected to have their turn in taking their *shodan* exam in the near future.



