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## **Interclub Session of Bacolod Aikido Dojos Revived**

Early of October, Warriors for Peace Pilipinas President, Noel Fuentes, started to contact and approach the different Aikido instructors in Bacolod. The aim of this initiative is to revive the regular interclub Aikido trainings done in the past years. This fellowshiping activity will be open to all Aikido groups in Bacolod and neighboring cities regardless of style and affiliation. This is to promote camaraderie, diversity of training experience and most of all harmony, a virtue which is given much emphasis in Aikido.

Soon after the invitation and dissemination of details, some instructors verbalized their support to the planned activity. And if possible, the participating groups would take turns in hosting the interclub session. Being the initiator, the Warriors for Peace President and instructor volunteered to be the first one to host this event on the 18<sup>th</sup> day of October.

October 18, 2008 - Saturday. The different *aikidokas* (Aikido practitioners) from various groups started to arrive by 3:30PM. The session was formally started by 4:00PM. The usual sequence was followed – Formal opening, recognition of the different groups present, stretching and warm-up, and the training proper. The session was formally ended and closed by 6:30PM with the assurance that this event will be repeated the following months and hopefully to have it regularly.

### **PHOTOS:**



Stretching and warm-up.



Wrist stretching – loosen up ligaments to prevent serious injury.



Ukemi- Rolling drills. On this picture, you must roll over an obstacle.





Max Maun Sensei, instructor of Bacolod Aikido Enthusiasts, presenting an Aikido technique which was then practiced by everybody.