

Welcome to our new formatted newsletter for 2013. Four newsletters will be produced per year, one per quarter. Subscription options are available at the bottom of the page.

** Newsletter Jan-Mar 2013

Grading Results

December 8th 2012 Grading Results

Adults

Shodan

Rene Christen

1st Kyu

Andy Lam

Arthur Kogan

2nd Kyu

Karma Sherpa

3rd Kyu

Nathan Tartak

4th Kyu

Elisa Lazos

8th kyu

Luke Liepa

Kids

5th Kyu Jr

Hailie Brown

Ilyas Caliskan

6th kyu jr

Ewan Edwards

Rita Pavlenko

Xavier Kraus

7th Kyu jr

Teilo Oakley-Evans

Guy Driver

Declan Murphy

Rajeev Davio

The next Adult grading will be on Saturday February 23rd.

**** ONLINE DVD STORE**

The AYNSW website now has an online store presence and is fully stocked with lots of DVD for aikido and many other martial arts.

AYNSW is the exclusive distributor for Quest Video in Australia. DVDs can be purchased online or at the dojo reception desk.

Click here to peruse our inventory. (<http://www.aikido-sydney.com.au/store>)

**** Ando Shihan Seminar June 2013**

AYNSW is very proud to be the first dojo within Australia to host Ando Shihan. Ando Sensei taught Darren Sensei during his Senshusei days and is now head of Aikido Yoshinkan Ryu as well as still instructing part time at Yoshinkan Honbu. Ando Sensei will be accompanied by Katagiri Sensei

For a more complete biography click: Ando Sensei Bio (<http://aikido-sydney.com.au/events/ando-shihan-seminar-june-2013>)

Seminar Schedule

Sat June 8th 10am-4.30pm (5hrs training)

Sun June 9th 10am-4.30pm (5hrs training)

Mon June 10th 10am-12.30 pm (2.5hrs training)

3- day seminar \$250

Early bird sign up is \$200. Book before May 1st 2013

A welcome party will be held at the dojo on Saturday June 8th. More details concerning the party will be released soon.

There will be a public demonstration by AYNSW Students and instructors with Ando Sensei giving the final explanatory demonstration of aikido on Monday June 10th from 2pm at AYNSW dojo.

**** Where is Gus?**

Those who remember the shrek like presence of Gus in the dojo and miss those resounding ukemi tremors may be wondering where he got to. His work with the Federal Police has kept him from the dojo, but the good news is that Gus and Masayo are expecting their first child in June.

Schedule Changes

Kudo Seminar

Paul Cale Sensei is hosting Azuma Sensei, founder of Kudo, over the weekend of February 16-17. This will be Azuma Sensei's first trip to Australia and participants from all over Australia will be attending. The last class on Saturday February 16th will be cancelled due to this event.

For further details on the event itself visit Kudo Australia Facebook
(<http://www.facebook.com/KudoAustralia>)

Easter Long Weekend

The dojo is closed over the March Easter Break, Friday 29th, Saturday 30th and Monday April 1st.

**** DEN 2013**

Takashima Sensei is organizing another DEN aikido seminar for April, 2013. A great chance to visit Japan, train, experience the sights and sounds of Tokyo & historic Aizu .

Details visit: DEN 2013 (<http://www.facebook.com/events/421537064584858/>)

** AYNSW Facebook Page

AYNSW has launched a dedicated Facebook page. This means that all news feeds updates will appear in your news scroll if you simply select “like” when visiting the page. Darren Sensei is hoping to use this forum to help disseminate some of the more abstract ideas concerning aikido training.

www.facebook.com/AYNSW

** Hansei (Reflections)

Blackbelts at AYNSW have recently started training for possible gradings in June when Ando Sensei visits. One component of the Yudan test is Futari and San nin dori, 2 or 3 person attacks. We started this training working at a slow pace getting used to the idea. People gained confidence, then we tried doing it at speed and everybody found themselves caught and getting hit. It is a fun activity and really puts one under pressure. It also reinforces the movement aspect of aikido. One needs to keep moving in order not to become a stationary target and get hit.

Movement is a key element of aikido. Studies have found that modern humans are moving far less than our ancestors and are suffering as a result. Without a scientific appraisal of aikido training that we can extrapolate data from, lets look at some of the anecdotal evidence available. In aikido we are either doing or receiving technique. If we are receiving we will usually be falling and standing up, lifting our entire body weight up off the floor time and time again. Through all this activity our cardio rate increases, we burn calories and sweat. As we get better we do this faster and faster.

So what are the benefits of all this training? Other than developing and refining our aikido skills we are also giving ourselves many other benefits. A recent article titled "Best Medicine" (New Scientist 25 Aug 2012) suggested evidence gathered on exercise point to a reduction in rates of heart disease, stroke, diabetes, obesity, cancer, Alzheimer's disease and depression. In the same article studies by the American College of Sports Medicine have shown even a weekly moderate dose of exercise (brisk walking, ballroom dancing, gardening etc) can reduce the chance of premature death through heart disease by 40%.

It's good to know that all that movement and sweating is paying off in so many ways. We are developing ourselves, learning and applying aikido techniques and gaining valuable health benefits. No wonder I see people leaving the dojo more invigorated than when they arrived. Lets encourage each other to push ourselves and squeeze in that extra class each week. We know the benefits are broad and life extending.

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