



AYNSW School Seminars
& Workshops 2012

Introduction

Aikido as a modern martial art has received growing interest from the community over the past 20 years. Perhaps the root of that interest is in that aikido is a self defense form that is designed to evade the attacker & bring them under control by leveraging, their weight, strength and movement against them.

Aikido has a long history extending back to the days of the samurai. It was the samurai's hand to hand combat form and remained a secret martial art until the end of the samurai class and modernization of Japan in the late 19th Century.

Aikido today is actively practiced by men , women and children around the world & is widely taught to police, military & security personnel.



Aikido Yoshinkai NSW

- Full time aikido training facility established in Sydney 2005
- Classes offered at purpose built studio 6 days a week
- Chief Instructor Darren Friend, 6th Dan Yoshinkan Aikido, over 25 years experience
- Aikido classes are specially tailored to the needs of younger students
- Seminars and workshops can be held at AYNSW, 200 sqm training area or at your school
- Martial Arts Industry Association (MAIA Inc) registered club and instructor. This includes full professional indemnity insurance & police background check for working with children.
- AYNSW Instructors have extensive experience training in Japan. They are registered members of Aikido Yoshinkai Foundation, Tokyo Japan.



310 Marrickville Rd, Marrickville
www.aikido-sydney.com.au
aikido.yoshinkai.nsw@gmail.com
PO Box 737 Marrickville NSW 1475

Ph. 02 9560 -1434
Mobile 0422522888

Programs Available

AYNSW has developed 3 program styles for use in schools. These serve as a general guide to the type of class or presentation AYNSW can provide. On consultation we can adjust the content and scheduling to suit the needs of your school and students.

1. Interactive Class

Each session begins with demonstration and explanation of aikido. Students are taken thru a series of exercises that should culminate in applying an aikido technique.

Students Learn:

Historical & cultural aspects related to aikido

Basic etiquette in training and why this etiquette is important

The importance of cooperation in learning

Simple but effective aikido techniques

2. Aikido & Self Defense Class

Similar to the Interactive Class but a bit more on practical applications plus some simple tips on how to stay out of trouble. Emphasis is placed on learning how to avoid trouble..

Students Learn:

Historical & cultural aspects related to aikido

The importance of cooperation in learning

Simple but effective aikido techniques & strategies for self defense



3. Aikido Presentation Seminar

Designed for larger groups where it is not practical to include a hands on element or if time is limited.

The seminar is run as an interactive forum. As the presentation runs students will be asked questions throughout and may ask questions in turn. This approach helps keep them involved mentally even if the opportunity for them to physically participate is limited.

The three presentation formats listed cover similar ground. Our goal is to make students better aware of aikido as a martial art and engage them to think about martial arts, social violence & behavior in new ways



310 Marrickville Rd, Marrickville
www.aikido-sydney.com.au
aikido.yoshinkai.nsw@gmail.com
PO Box 737 Marrickville NSW 1475

Ph. 02 9560 -1434
Mobile 0422522888



Learning Outcomes

- Become more familiar with Japanese martial arts, particularly aikido.
- Better understand the nature of conflict and creative ways to deal with it.
- More easily work with others to achieve common goals
- Develop simple strategies and skills to help avoid trouble
- Think about the negative sides of violent behavior
- Become more aware of personal safety and consider strategies to enhance it.
- Be better able to deal with problems and issues in a flexible and creative way

All Class participants receive a signed certificate of participation with the host school's details included.

A certificate of currency for professional indemnity insurance can be provided on request.

AYNSW instructors can tailor any program to your school's needs.

Ongoing term to term programs in aikido & self defense are also available.



310 Marrickville Rd, Marrickville
www.aikido-sydney.com.au
aikido.yoshinkai.nsw@gmail.com
PO Box 737 Marrickville NSW 1475

Ph. 02 9560 -1434
Mobile 0422522888



Program Facilitator

Darren Friend

Darren Sensei's professional no-nonsense approach to aikido training is well-known in Australia and internationally. Darren Sensei has appeared in, been interviewed and written articles for numerous Japanese and Australian martial arts publications.

Education

- Victoria University Bachelor's degree in Business majoring in Human Resource Management & Occupational Psychology

Corporate Work

- Hiring Manager (Grandom) Gakken School Management, Japan (1996-2002)
- Trainer GE Commercial Finance, Japan (2003-2005)

Guest Presenter

- Australian Federal Police
- Master Builders Association
- University of Sydney Sports
- St. Andrew's Cathedral College
- Cranbrook School
- Roseville College
- St. Ignatius College
- St. Aloysius College
- Balgowlah Boys High School
- Jannali High School



310 Marrickville Rd, Marrickville
www.aikido-sydney.com.au
aikido.yoshinkai.nsw@gmail.com
PO Box 737 Marrickville NSW 1475

Ph. 02 9560 -1434
Mobile 0422522888

Martial Arts Career Highlights

- Began training in Yoshinkan Aikido in 1985 under Joe Thambu Sensei, Melbourne.
- Enrolled in Yoshinkan Aikido 1 year instructor program Tokyo Japan, 1992, graduated 1993.
- Joined Yoshinkan Aikido Honbu (Headquarters) as a junior instructor 1994
- Promoted to Chief Instructor-International Division 1996
- 1996-2005 oversaw the Yoshinkan Honbu International Instructor Development Program and assisted instructing Tokyo Metropolitan Riot Police.
- 2003 Aikido consultant to Discovery Channel program “Go Warrior”
- 2005 returned to Australia and established Aikido Yoshinkai NSW in Sydney.
- Currently runs a full- time dojo teaching kids and adults in Marrickville, Sydney.



310 Marrickville Rd, Marrickville
www.aikido-sydney.com.au
aikido.yoshinkai.nsw@gmail.com
PO Box 737 Marrickville NSW 1475

Ph. 02 9560 -1434
Mobile 0422522888