



AYNSW August–September 2010 Newsletter

Hello everyone.

Here is the August–September Newsletter for 2010.

Grading

The next grading will take place on Sat. August 28th from 2:00. If you are available that day please stay to watch and show your support. Then come join us afterward for a bit to eat/drinks.

School Demonstration

AYNSW will be conducting an aikido demonstration at Balgowlah Boys Junior Campus on Monday August 23rd from 9:30. If you would like to assist please speak see reception.

Aikido Yoshinkai NSW 5th Anniversary and Grand Re–opening Demonstration Sat.Sept.4th

July 9th of this year marked the 5th anniversary of the opening of Aikido Yoshinkai NSW! We started off in a 42–mat dojo in Alexandria and recently moved to a bigger 119–mat dojo in Marrickville. With the help and support of dojo members we were able to move and set up the training space within a matter of weeks, and that was not an easy feat!

To commemorate the 5th anniversary and the opening of the new dojo AYNWS will be holding a demonstration open free to the public. There will be several prominent guest instructors demonstrating including Joe Thambu Shihan 7th Dan Founder and Chief Instructor of Aikido Shudokan Melbourne. AYNWS welcomes its members and their family and friends to help celebrate this special event:

When: Sat.Sept.4th from 2:00 ****Please note that the previous date of Sat.Aug.21st has been changed****

Where: Aikido Yoshinkai NSW Dojo, Level 1 Rear 310 Marrickville Rd.
Marrickville

Cost: FREE

For more information contact us on 9560 1434 or www.aikido-sydney.com.au

Joe Thambu Shihan Seminars at AYNSW

As part of the celebrations for our 5th anniversary and opening of the new dojo, AYNSW will be hosting Joe Thambu Shihan (7th Dan) Founder and Chief Instructor of Aikido Shudokan Melbourne <http://www.aikidoshudokan.com/> for two seminars on Fri.Sept. 3rd and Sun. Sept. 5th.

Aiki Concepts

When: Fri. Sept 3rd 6.30–9.30 **Cost:** \$60

Joe Sensei will conduct a special class giving us his insights into aikido, techniques and training. It is a rare chance to train with the founder of the first Yoshinkan Aikido dojo in Australia, a teacher who has devoted his life to aikido.

Restraint & Removal

When: Sun. Sept 5th 11:00–4:00(with 1 hr break) **Cost:** \$90

In great demand internationally, this course approaches aikido with practical application in mind. Joe Sensei will teach application of a wide variety of aikido controls and techniques adapted to the needs of the security industry.

This is a full weekend of training and inspirational teaching with one of the world's most highest-ranked Yoshinkan Aikido instructors outside of Japan.

\$130 only if you attend both sessions. To register contact us aikido.yoshinkai.nsw@gmail.com

Yoshinkan Aikido Gozo Shioda Memorial Festival

2010

This year 2010 marks the 16th anniversary of Yoshinkan Aikido founder Gozo Shioda Sensei's passing. To commemorate Shioda Sensei and Yoshinkan Aikido, the Honbu Dojo is holding a memorial aikido festival Nov.20th – 21st in Tokyo, Japan. This weekend will be comprised of a special demonstration and seminar with senior Yoshinkan Aikido instructors. More details will be available at

<http://2010yoshinkanevent.blogspot.com/>

AYNSW will be organizing a group to attend this event. If you are interested please speak with Darren Sensei or Peggy Sensei.

AYI Excerpts

Between 1990 and 1995 Yoshinkan Honbu Dojo published a magazine called Aikido Yoshinkan International. This magazine featured articles and interviews with people at Honbu and from around the world, thoughts on training and rare insight into the mind of Gozo Shioda Kancho, the founder of Yoshinkan Aikido. Darren Sensei contributed to the magazine from 1993 and AYNSW is fortunate to have these rare volumes to share with its readers.

Here is an excerpt from Vol.1 Issue 1 1990:

Kancho Shioda Sensei's Life Story

First experience with Aikijutsu,

At 17 there seemed little that could frighten him. In anticipation of a clear Japanese dawn, young Shioda walked, "Aikijutsu? What is this Aikijutsu?" he thought as he walked. Along the still, dark path he moved, proud and venturesome.

It was early in the morning and early in the summer of 1932, Shioda was on his way to look at an early morning training session of a martial art a relative had recently spoken of. The relative had referred to it as 'Aikijutsu'.

Again Shioda scoffed, "What is this Aikijutsu?" 152cm tall yet assertive and confident. He was a Judo 3rd dan and an active gymnast. He was young and adventurous and in excellent physical condition. He believed Judo to be the strongest of all the martial arts and he considered himself to be the strongest in Judo. The affectiveness with which he used Judo led him to the conclusion that all martial arts were inferior. The sounds of training grew as he passed through the wooden entrance and it was here he received his first surprise. There was a small bearded man throwing, one after the other, several young students. This was of course the dojo head instructor, Morihei Ueshiba,

Shioda's next surprise came when he saw the students not facing or holding their partner as in Judo but rather it looked as if they were avoiding each other. When Shioda saw Ueshiba again perform his Aikijutsu techniques he couldn't help but laugh inside. "That's so fake." From his Judo experience he knew how difficult it was to throw a person.

As the class ended Ueshiba approached Shioda and smiling asked, "How about trying?" Ueshiba had read his inner thoughts. Without hesitation Shioda stepped onto the mat. His partner, Ueshiba, smaller even than Shioda, said, "When you are ready, attack." Shioda moved nearer, "Anyway, anywhere you want. It doesn't matter." Shioda incensed drew nearer to Ueshiba and as the distance closed, kicked! Shioda couldn't discern 'heaven from earth'. Landing and striking his head, semi-conscious and surprised a third time, realised he had been thrown. "Incredible!" his head clearing, "How can a person be thrown so easily? This is a true martial art."

With a nod, Ueshiba granted Shioda permission, in answer to his request, to start training immediately. This is how Gozo Shioda began instruction under Morihei Ueshiba and began a long, ascetic training in Aikijutsu. (Note: At this time the term Aikido was not yet in use.)



These World Class magazines are a vital source of news about international affairs, business and culture.

Newsweek
THE INTERNATIONAL NEWSMAGAZINE

****Natsukashii...****

Natsukashii is a Japanese term often used in moments of nostalgia, when we reflect on memories of "the old days." "Oh, that brings back memories" or "Those were the days" ...

The other day at the dojo I was watching some of our students doing *shinsa geiko*, or test training, in preparation for their next grading. It was great to see how everyone was cooperating and trying hard to achieve their best. It can be difficult and very exhausting to keep up that level of dedication and focus in preparation for the big day, especially the days leading up to it when nerves can sometimes take over.

In Japan I attended countless gradings at many levels – junior level, senior level, even right up to instructors'. It was always great to see the senior instructors showcase their technical ability but also interesting to see how they performed under pressure in front of many people. To me, they always seemed focused, calm and poised; they always made it seem very easy and effortless. It wasn't until I started grading myself, especially brown belt level, that I started to appreciate how difficult it could be as the testing syllabus got more comprehensive.

The one grading that really sticks in my mind is my *shodan* (1st degree black belt) test. My training partner was my good friend Sono with whom I had done every single grading from white belt level through to this big one. We were similar in size and physique so made training with each other ideal. We trained diligently over the course of a couple of months and sought to know each technique inside out. One particular technique we both struggled with was *katate mochi yonkajou osae* (one-hand grab, fourth control pin). We practiced that relentlessly until we thought we got it.

The day of the grading came and I was prepared– mentally and physically, or so I thought. It was the second technique called and my turn as *shite*. "Katate mochi yonkajou osae ichi!" I heard the sensei call out. Sono grabbed my hand, I shifted correctly, circled my arm up then slid forward and brought her arm down. Then my mind went completely blank! I stood there for what seemed to be an eternity just staring down at her arm. I knew I was in the wrong position but just didn't know how I got there or what to do next! Eventually I shifted the grip into what I thought was a natural yonkajou gripping position and finished the technique. When it came time to do the left side I remembered how the technique went and managed to do it more or less correctly.

When the grading was over a group of other dojo members came over to congratulate us. I remember one guy said to me in Japanese, "Peggy-san, I was so worried for you when you froze; I kept thinking 'Don't stop, don't stop' and you didn't - you didn't give up and continued on with the test. Well done!"

Later when I got feedback from Chida Sensei everything was generally positive, then he smiled and said, "What happened on the yonkajou?" I replied that I had completely forgotten how to do the first part of the technique (even though Sono and I had practiced hundreds of times!) Then still keeping the same soft-spoken tone he said, "If you forget it is best to start over anew from the beginning and not get stuck in the mistake." I think I said "Osu!!" at that point and then I realized that I had gotten so caught up in trying to do the technique perfectly that I didn't consider the other important aspect of the test, that is, how to control yourself and the situation under pressure. I was so worried about doing the techniques correctly that in the end I forgot how to do it! That's why at Honbu they always stressed that if you ever made a mistake to step out of kamae, turn to the instructor, say "Osu!!" calm yourself then do the technique again. One important piece of advice that I had heard countless times before but never really gave it any thought because I thought I would never need to do it!

Suffice it to say, in my subsequent gradings I concentrated a lot more on remaining calm and focused. Of course, learning the techniques was still as important, but once you find your calm centre you will find things after that are much easier to control and you will do a much better test. -- *PW*

All-Year-Round Aiki Kids Program

AYNSW is pleased to announce that the Aiki Kids classes will now run all-year-round as do the adults classes. Due to increasing popularity the classes will be on as per usual throughout the school break so the kids can keep up with their aikido training while on holidays!

DVD Review

AYNSW is the official distributor in Australia for QUEST, the leading producer of martial arts DVDS in Japan. We will periodically be looking at the different DVDs of various styles and giving a brief synopsis on them.

****Yoshinkan Aikido DVD****

Yoshinkan Aikido: The Complete Set of Techniques
3-DVD Set
\$150



Yoshinkan Aikido, founded by Gozo Shioda, is a martial art famous for its dynamic and effective techniques. ***Yoshinkan Aikido: The Complete Set of Techniques*** is a 3-DVD set that provides an in-depth step-by-step guide to all the movements and techniques in the Yoshinkan syllabus. All practitioners can benefit from this set as it covers everything from basic stance through to advanced techniques.

Features of Disc 1 include:

Kamae, Seizaho, Reiho, Shikkoho, Ukemi

Kihon Dosa and Kihon Dosa Renzoku

All Shiho Nage techniques

All Ikkajo techniques

Running time: 120 minutes

Features of Disc 2 include:

All Nikajo techniques

All Sankajo techniques

All Yonkajo techniques

Running time: 153 minutes

Features of Disc 3 include:

All Irimi Nage techniques

All Hijishime techniques

All Hijiate Kokyu Nage techniques

All Kotegaeshi techniques

All Tenchi Nage techniques

All Kokyuho techniques

Jiyu Waza variations

Running time: 203 minutes

Technical features of this 3-DVD set include:

Region: ALL, NTSC

Total running time of all 3 discs: Approximately 8 hours

Language: Japanese, English

Subtitles: Japanese, English

Hansei (Reflections)

With the Annual Demonstration drawing near it's good to look back and see how far we have progressed. As a non competitive martial art the demonstration format allows people to see aikido and the array of techniques and training forms available.

Yoshinkan Aikido was established by Soke Gozo Shioda (1915-1994) in 1954. Before WWII the Dai Nippon Butoku Kai (DNBK 大日本武徳會) was the organization which oversaw martial arts training throughout Japan. It was

established in 1895 and its purpose, at that time, was to standardize martial disciplines and systems throughout Japan. This was the first official martial arts organization sanctioned by the government of Japan. It stressed the martial virtues of samurai warriors and incomparable historical excellence in martial disciplines. Martial arts training in post war Japan was banned from 1946 to 1953 by the allied occupation administration to prevent groups gathering and training for insurgency.

The Nippon Sogo Budo Yitai, or Life Extension Society sponsored the first Post-War demonstration of Aikido in 1954. Shioda Sensei participated and was awarded the Grand Prize for the performance in front of an audience of fifteen thousand spectators. This set the course for the establishment of the Yoshinkan dojo and its subsequent growth.

In my time at the Yoshinkan Honbu demonstrations were conducted throughout the year as a way of promoting the art. I participated initially in the standard set piece demonstrations. We would first learn the outline of the demonstration then hone the techniques making it sharper and more dynamic. Soon I was selected to be uke for the teachers, initially with junior teachers and later with the senior teachers. This role was in many ways easier as we never trained for these demonstrations. They were not preplanned but rather created on the spot. The difficult thing was knowing what the teacher wanted. My Japanese was still very basic and I would on occasion make mistakes, misunderstanding instructions and attacking too soon or giving the instructor the wrong attack. It was never an issue for the instructors, they just dealt with it, but I always felt bad after and resolved to do better if the chance arose again.

For those participating in this year's demonstration it is a chance to focus on the techniques and formats and really polish those points. Making techniques tighter and faster will help develop our physical & mental concentration, making us better across all of our training.

Aikido is a physical art. It is an activity that we can continue to improve and grow in as long as we keep on training. From the Yoshinkan's establishment in 1955, Gozo Shioda devoted his life to aikido eventually being awarded 9th dan by O'Sensei in 1961, a confirmation of his total

mastery of aikido. In 1983 he was awarded the rank of 10th dan by the International Budo Federation along with the title of Meijin or Grand Master. He was active in aikido to the end. His passion and enthusiasm lives today as we strive to do the best we can each time we step on the mat.

OSU!

DF

Kind regards,
Peggy & Darren

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AYNSW instructors are accredited as martial arts coaches through the NMAS (National Martial Arts Instructor Accreditation Scheme) certified by RABQSA (under International Standard ISO 17024 – Joint Accreditation Scheme of Australia and New Zealand).