



AYNSW January–February 2011 Newsletter

Hello everyone.

Here is the first newsletter of 2011.

Grading Results

Congratulations to those who graded on the date below:

December 11, 2010 Grading Results

| | | |
|-----------------------------|-------------|-------------|
| 6 th Kyu Senior: | Alias Coady | Adrian Banu |
| 8 th Kyu Senior: | John C. | Rusty Ooi |

The first grading of the year for adults will take place on Saturday February 26th.

AYNSW * NEW * Classes

AYNSW Adults' Schedule Change from February 2011:

Please take note of the following change to the Adults' Schedule from **February 1st 2011**:
Wednesday 7:00-8:00 MORNING CLASS will be replaced with a **Saturday 8:30-9:30 MORNING CLASS**

The new Saturday 8:30-9:30 morning class is a General Class and open to all levels.

AYNSW Kids' / Teens' Classes from February 2011:

From **February 1st 2011** AYNWSW will be adding **2 new classes** to the Kids' and Teen Schedule:

- **Wednesday from 5.15-6.15** open to all students 5 to 13 years of age.
- **Friday from 5.15-6.15** for teens 13 to 17 years of age. This will be a more serious class introducing students to the techniques from the adult syllabus.

Aikido Yoshinkai NSW Training Schedule

Commences February
2011

| | | | | | |
|------------------|--------------------------------------|-------------------------------------|--------------------------------------|------------------------------------|---|
| Monday | | | | General Class 6.30-7.30 | Intermediate Class (3rd Kyu & above) 7.45-8.45 |
| Tuesday | | General Class 12.00-1.00 | Kids / Adults 5.15-6.15 | Beginner Class 6.30-7.30 | General Class 7.45-8.45 |
| Wednesday | | | Kids / Adults 5.15-6.15 | General Class 6.30-7.30 | Beginner Class 7.45-8.45 |
| Thursday | | General Class 12.00-1.00 | Kids / Adults 5.15-6.15 | Beginner Class 6.30-7.30 | AiKinetic (Open to All Grades) 7.45-9.00 |
| Friday | | | Teen 5.15-6.15 | General Class 6.30-8.00 | |
| Saturday | General Class 8.30-9.30 am | Kids / Adults 10.00-11.00 | Beginner Class 11.15-12.15 | General Class 12.30-1.30 | Grading or Special Seminar |
| Sunday | Dojo Closed | | | | |

AiKinetic Class

AYNSW is excited to announce the introduction of a new series of classes called **AiKinetic**. These classes will be jointly conducted by AYNSW Chief Instructor Darren Friend Sensei and Paul Cale Sensei.

Paul Sensei is a member of the Special Forces in the Australian military and has extensive experience in various styles of traditional martial arts. He is an instructor in hand-to-hand combat for the Australian military and teaches internationally.

The **AiKinetic** classes involve high pace striking and defensive training connecting the foundations we cover in all Yoshinkan Aikido classes with short, fast techniques.

This class is held on Thursdays from 7.45 –9.00pm replacing the “Intensive Class”. It is open to all students.

AYNSW Dojo Badges

AYNSW has dojo badges that are given to members who have been with the dojo for one year. If you have been training at AYNWS for at least one year and have not yet received your complimentary badge please see reception.



Housekeeping

Summer just keeps on going, with the hot weather lets all make sure we look after our dogi. Wash them regularly, and if you are getting serious about training a second dogi is a good investment. If your dogi is looking a bit yellowed and worn try adding some bleaching agent into the wash to brighten it up.

Remember our uniform is a reflection on ourselves. Tie your belt correctly ensuring that all layers are bound together and the lengths are equal.

Robert Mustard Sensei Seminar 2011



Robert Mustard Sensei Seminar 2011

AYNSW is excited to announce that Robert Mustard Sensei (7th Dan) will be visiting in 2011!

He is the former Chief Instructor of the International Division at Honbu Dojo, and Founder and Chief Instructor of Aikido Yoshinkai Burnaby in Vancouver, Canada.

We were fortunate to have had Robert Sensei visit us before in 2006 and are just as excited to have him return this year.

Venue and payment details below.

WHEN: Queen's Birthday Weekend Saturday June 11th to Monday June 13th

TIME: **Sat. June 11th** 11:30 to 2.15 < 60-min.break> 3.15 to 5.45 (5hrs training)
Sun. June 12th 10:00 to 12:45 < 90-min.break> 2:15 to 5:00 (5hrs training)
Mon. June 13th 10:00-12:30 (2.5 hrs training) **Demonstration from 2:00pm**

PLACE: Aikido Yoshinkai NSW Dojo
Level 1 Rear, 310 Marrickville Road, Marrickville
www.aikido-sydney.com.au

COST: **\$175 EARLY BIRD PRICE** (Payment received **by** April 30th)
\$250 FULL PRICE (Payment received **after** April 30th)

Hansei (Reflections)

The dojo is proudly displaying a new scroll written for us by Inoue Sensei last year. Providing the central focus point of the dojo The scroll is supported on either side by pictures of Ueshiba Morihei (O'Sensei) and Shioda Gozo (Kancho Sensei).

This scroll is the second one that we have received from Inoue Sensei, the first hung at the old Alexandria dojo but was too long for the front of the Marrickville dojo. Inoue Sensei immediately set about rectifying this and created the scroll we have in place now.

The calligraphy is in itself beautiful. As we sit in seiza before each class if we reflect on the meaning behind it, its enhanced so much more.

The four vertically centered characters read as Yo Shin Hon Ju To break it down

| | | |
|---|------|---------------------------|
| 養 | Yo | Develop, nurture, |
| 伸 | Shin | Spirit |
| 保 | Ho | Preserve, keep, guarantee |
| 寿 | Ju | Long life |

There are many ways to interpret the meaning but I like to think by training regularly, pushing ourselves and developing our spirit we will enjoy life.

Aikido is an enjoyable way to train and use our bodies. It is often a lot of fun. However to apply the significance of the characters Yo Shin Ho Ju to our everyday life we need to apply ourselves to aikido even when its no longer fun. A lot of training can be repetitious as we repeat and repeat again drilling exercises and techniques into muscle memory, shaping and improving them as our knowledge deepens. It is because we have applied ourselves, pushed through the hard exercises that we can enjoy doing aikido and apply our techniques with increasing ease and efficiency. The same applies in all aspects of life, things that have come through a struggle, with effort have much more significance to us than something that can be easily purchased off the shelf. This is what the pursuit of Budo is about. Developing and improving oneself through physical training and enjoying the physical, psychological, spiritual and social benefits that come from applying ourselves to the discipline we have chosen.

OSU!

DF

Kind regards,

Peggy & Darren

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Aikido Yoshinkai NSW

Location: Level 1 Rear, 310 Marrickville Rd, Marrickville

Contact: PO Box 737 Marrickville 1475 NSW Australia

PH (02) 9560-1434

aikido.yoshinkai.nsw@gmail.com

www.aikido-sydney.com.au

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).