



AYNSW July-August 2011 Newsletter

Hello everyone.
Here is the winter newsletter.

Adults' Grading Results

Congratulations to those who graded in June / July:

Nidan	Pawel Rej Harry Chin	6th kyu	Sean Mendis
Shodan	Paul Doessel Andrew Wong	7th kyu	Paul Farrell
1st kyu	Matthew Cole Rene Christen	8th kyu	Alexandra Voronova David Kraus Mykola Kovalchuk Steve Aran
4th kyu	Adrian Banu		
5th kyu Senior	Paul Rhode		

The next grading will be held on Saturday August 27th.

Aiki Kids Grading results

Junior 1st kyu	Petar Dosev	Junior 7th kyu	Maura Rosary
Junior 3rd kyu	Owen Fasolin	Junior 8th kyu	Isaiah Behi Andreea Amarinei Ewan Edward Abraham Abbas
Junior 4th kyu	Lara Fasolin		
Junior 6th kyu	Deni Banu Ethan Westlake Polina Pavlenko Oliver Maclean Thomas Maclean Ari Papas		

Hirosawa Sensei Seminar



27 & 28 August 2011
KGV Centre – The Rocks, Sydney

The Takemusu Aiki Association invites you to a seminar with Hideo Hirosawa Shihan, 7th Dan Aikikai, who will be visiting from Japan. This is a once in a lifetime opportunity to experience Hirosawa Sensei's aikido. In this seminar he will concentrate on the execution of aikido beyond physical contact, which O-Sensei Morihei Ueshiba developed late in his life. Hirosawa Sensei was born in Iwama in 1937. He trained aikido under the guidance of O-Sensei for twelve years until the Founder's death in 1969.

Subsequently, he trained at the Iwama dojo under Morihiro Saito Sensei and was Shihan-dai, or second in charge, of the Iwama dojo. Hirosawa Sensei is one of the most experienced living instructors of aikido.

Saburo Takayasu Shihan, 6th Dan, is the Chief Instructor and President of the Takemusu Aiki Association in Australia. He studied under the late Saito Sensei and was present at the last class taught by O-Sensei in Iwama.

Takayasu Sensei will host the event. He will teach the concluding segment of the seminar on Sunday, which will concentrate on the relationship of Hirosawa Sensei's teaching to regular aikido training and Takemusu Aiki. Please pass on this invitation to any aikidoka who might be interested. While numbers are limited to 130 attendees, all are welcome!

Seminar times

Saturday, 27 August
09.00–10.00 Registration

10.00–12.00 Hirosawa Sensei seminar

12.00–13.30 Lunch break

13.30–15.30 Hirosawa Sensei seminar

18.00 Dinner party with Hirosawa Sensei (local restaurant)

Sunday, 28 August

10.00–12.00 Hirosawa Sensei seminar

12.00–13.30 Lunch break

13.30–15.30 Takayasu Sensei – Seminar
summary

15.30–16.00 Close

Registration & payment

Seminar fee: \$150 for training at the entire seminar – two days
\$30 Saturday dinner party with Hirosawa Sensei at a local restaurant
(dinner party is optional, all seminar participants welcome)
Please register online to secure your spot (limit 130)

To register, please visit www.aikidoaus.com.au and follow the links to the seminar information.

There also is the opportunity to observe the seminar from a visitors area.
The entrance fee is \$20 per day.

Seminar venue

The seminar venue is located near Sydney's Harbour Bridge in the historic Rocks area:
King George V Recreation Centre
3 Cumberland St
The Rocks, Sydney NSW 2000
(02) 9244 3600

For enquiries, please contact Ian Thomson, 4th Dan: email seminar@aikidoaus.com.au

Strathfield Park Festival

AYNSW has been invited to present aikido as part of the Strathfield Council Community Festival, to be held on Sunday September 11. The aikido demonstration will be from 1130-12.00

Visitors & travellers

Suzuki-san was training at AYNSW for 1 week in July. Originally from Payet Sensei's dojo in Kyoto, Suzuki-san has spent time training at Aikido Shudokan in Melbourne before visiting Sydney. Her aikido juggernaut will continue onto Brisbane then across the pacific to the US. We enjoyed training with her and wish her all the best.

AYNSW student Paul Farrell has departed for ongoing journalistic study in the UK. He hopes to continue aikido training with Paul Stephens Sensei in London. Paul Stephens and I did the Senshusei course together in 1992. We wish Paul Farrell all the best and hope to see him back at training in Sydney in the future.

AYNSW Annual Demonstration Video

Thanks to David Kraus & Megan Brownlow the 6th Annual AYNSW Demonstration video is now on YouTube thru the link at www.aikido-sydney.com.au

Inoue Sensei Seminar 2012

Aikido Shudokan Melbourne will be hosting Inoue Sensei over the weekend of March 10,11 & 12 in 2012. More details of the seminar will be available soon.

Housekeeping

AYNSW has upgraded its hot water system with more environmentally friendly equipment, so hot showers are again available. We have saved considerably on carbon emissions so far; let's keep the environment in mind and limit our shower time and water use.

Hansei (Reflections)

Thank you to everyone who participated in and supported the weekend seminar and demonstration with Robert Mustard Sensei. We were very lucky to have had several visiting instructors including Joe Thambu Sensei (7th Dan), Jon Marshall Sensei (4th Dan), Paul Chapman Sensei (4th Dan) and Enrica Cheung (3rd Dan). Their presence on the mat added considerable experience and expertise. Participants therefore not only had the opportunity to be taught by Robert Sensei, but also had ample opportunities to train with other visiting instructors. These experiences are what help shape and create our aikido journeys.

Moving forward is an important element within aikido. Our techniques are divided into 2 basic categories, ichi-moving forward & ni-turning. Often when teaching the ichi form we need to remind students again & again that it's the footwork, the physical aspect of moving forward that really creates the technique. What we do with our hands is somewhat secondary. All too often we find students wrestling with hand / arm positions and failing to do the more basic element which is simply to move forward. By moving forward we are bringing energy to the technique, interrupting the flow of the attack and taking the momentum away from the attacker. This allows us to execute our techniques with ease.

I have noticed that confronting problems in life is somewhat similar. Usually we can see a problem, like a storm, begin to form in the distance, take shape and begin to travel towards us. We can hunker down and hope it will go away, or we can take decisive action immediately, prepare as best we can and then relax knowing that we have done all we can. For me this approach takes the worry out of problems and issues. We move forward, arrange ourselves as best we can then deal with the issues as they arise, always looking to continue moving forward. In aikido techniques fail when we stop. We may encounter a barrier, but we don't allow that to stop us. Momentum continues around, under or over until the technique is completed. Apply this correctly in aikido training and it soon permeates through into other aspects of thinking and life.

OSU!

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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