



## AYNSW July - August Newsletter

Hello everyone.  
Here is the July –August newsletter.

### Grading Results

Congratulations to those who graded recently.

#### Adults

##### 3<sup>rd</sup> Kyu

Paul Rhode

##### 4<sup>th</sup> Kyu

John Cuili

Nathan Tartak

##### 5th Kyu

David Kraus

##### 6<sup>th</sup> Kyu

Campbell Douglas

Johan

##### 7<sup>th</sup> Kyu

Joao Pequito

Adrian Ionita

Adam Kerslake

Adrian Kelsey

Amy Gavagmin

Ed Pember

##### 8th kyu

Nenad Vasiljevic

#### Kids

##### Junior 1st kyu

Owen Fasolin

##### Junior 2nd kyu

Lara Fasolin

##### Junior 4th kyu

Ethan Westlake

Polina Pavlenko

Deni Banu

##### Junior 6th kyu

Mason Walsh

Fifi McMillan

##### Junior 7th kyu

Hailie Brown

Miguel Gabua

Ilyas Caliskan

Rita Pavlenko

Elijah Morrow

Jacob Geilowski

Xavier Kraus

##### Junior 8th kyu

Evelyn Geikowski

Ethan Pastore

Guy Driver

Teilo Oakley-Evans

Rajeev Davio

The next grading will be held on Saturday August 25th

## Housekeeping

The dojo is where we come to train. Its where we develop ourselves physically and spiritually. Part of the spiritual development is awareness of where we are and what we are doing. Aikido is a Japanese martial art, we have tried to maintain as close a connection to the atmosphere in which we were taught, such as using Japanese names for techniques, using "Osu!" as a salutation, and bowing as we enter the dojo.

### **Please remember to:**

Sit in seiza when instructed

Listen with intent and concentration

Always respond & move quickly to commands

### **And refrain from:**

Yawning as teacher instructs

Interrupting while teacher is teaching

Crossing arms, placing hands on hips or leaning on walls

While this form of education etiquette is seen as old fashioned and not relevant in most areas of learning within Australia, I strongly believe that it is the right way to approach the training of budo. The atmosphere in the dojo reflects the seriousness of the students.

At Honbu dojo in Tokyo we trained without talking, trusted that our teachers would correct us when needed and always strived to be first, fastest, sharpest. There was a supportive competitiveness in this. It is different to a sport where the focus is on beating a rival.

In Budo we all want the same thing, to be stronger physically and mentally. To achieve this we need our partners to be strong, if anything we want our partners to be stronger as that helps us to grow. This is a collective culture of support, working & building together to be stronger.

DF

## YouTube

AYNSW has a new video on it's YouTube channel

<http://www.youtube.com/user/AYNSW>

Thanks to Irina for her efforts in coordinating, filming and editing.

## Aiki Travel

Tom Seeto recently returned from a global aiki juggernaut. He has detailed aspects & observations from his journey below.

I had been on the road for about two months during when I:

- caught up with some mat buddies in Toronto, Canada including Nick Kilislian (5th Dan) ( <http://aikidorichmondhill.ca/> ) and dropped in on Nick Mills Sensei (6th Dan) ( <http://www.aikidomississauga.ca/sendokan/> );
- attended a 5-day seminar in London led by Takeno Takafumi Shihan (9th Dan) and Nakagawa Chiemi Sensei (5th Dan) that was hosted by Paul Stephens Sensei (5th Dan) of Yoshinkan Aikido London (<http://www.yoshinkanlondon.co.uk/home.html>); and
- eventually ended up in Tokyo for DEN4 and to celebrate Inoue Kyoichi Hanshi (10th Dan) Sensei's 77th birthday party. DEN in Japanese Kanji means: "Legend, Passing Knowledge" and it is a group that has been setup by Takashima Saburo Sensei (6th Dan) (<http://www.sengenkan.org/>) "to promote aikido the self defence system and also to promote peace and harmony amongst people." I also trained with Chida Tsutomu Shihan (8th Dan) (<http://renshinkai.com/e/>)

Between aikido training and related activities, I was filling in the gaps by doing the tourist gigs at Niagara Falls, in London, Paris, and Switzerland. However my trip was really about training and helping me to make the transition to something closer to full-time training (that was the theory, but that's another story).

Along the way, I had an Aikido moment in Toronto when a muscular 20-something man made a grab for my new camera as I was being a tourist gawking at the sights. He came at me obliquely from slightly behind and to my right, and reached for my camera that was in my left hand.

Perhaps he wanted to borrow my camera, maybe offer to take my photograph for some monetary compensation, and maybe (not) return my camera depending on my response to the situation – earlier I had seen him hustle a lost motorist.

But I brushed aside his arm with my right forearm, and kept on walking - not rushed but without hesitation. And that was it - a moment of adrenalin. It was a light brush, not quite ikkajou or nikajou, but apparently it was enough to convince him that I was alert and perhaps not an easy target.

While there were many highs and challenges on the mat, in London I experienced a very satisfying training session and another session that was escalating into conflict.

In the first session, my partner and I were practising tanto soho. We had partnered before for kotegashi-ichi and his technique was quite effective, perhaps a bit harder than what I was normally accustomed to in our dojo. So I adapted.

Tanto soho is something that you cannot take for granted no matter how often you have practised it before. As you are working with a knife, albeit a wooden one, you

must be fully focused as there are literally millimetres between the knife's pointy ends and participants' necks, temples, eyes, etc. And in this particular case, my partner was considerably taller than I so we both adapted.

It was already well into the day and we were in the latter part of the 5-day seminar so I was rather fatigued while my partner seemed unfazed. Hmmmm ... this could be interesting.

We cycled through tanto soho.

Thrust. Evade. Counter.

Thrust. Evade. Counter. It was total concentration.

Around the 10th minute mark however, my concentration lapsed – I was not happy. If it had been a real self defence situation, one of us could have been knifed. But the error seemed to inject me with extra adrenalin.

Then surprisingly it was my partner's turn to lose it around the 15th minute mark – he was not happy. Up to this moment, he seemed unflappable and indomitable

We continued to thrust, evade and counter for about 1 1/4 hours taking turns to lose concentration due to fatigue, and self-admonished our lapses. It became a mental tussle for both of us.

At the end of the session, my partner and I were both mentally and physically exhausted – but very satisfied. We had been out there somewhere on another planet, sparing – just the two of us - and met our match literally.

It is always very satisfying to be training with someone who is totally focused and serious about his/her training. I look forward to training with him again in future.

In the second session, I was uke and my then partner was trying to apply nikajou. Fairly straight forward I thought and we were both brown belts. But after what seemed like an interminable period – it was probably only a few seconds – during when he tried to find the perfect connection point, he relaxed his grip.

And stopped?! Huh?! “Why are you stopping?”

Then he floored me with a forcefully executed nikajou.

Reflexively I dropped and contemplated my next move while in pain.

The shite-uke relationship depends on cooperation and trust. We train with our partner cooperatively so we both learn. Knowing the technique to be applied, uke can block it but this is rather pointless as shite cannot practise and master the technique. However, at the brown belt level, neither should uke move at shite's slightest twitch if shite's technique is ineffective.

As uke, we trust our partner shite not to damage us when we lend our bodies to shite to master a technique. Of course, uke has the responsibility to master ukemi so as to protect himself/herself and to facilitate shite's learning.

As shite, we have a responsibility not to damage uke. Also as a practical matter, you would very quickly run out of uke if you have a reputation for putting your uke out of action.

From my perspective, this man had broken the shite-uke cooperation-trust relationship. He applied the technique forcefully after a very long mid pause, and applied it in a way that could have caused serious damage.

The next move was mine.

In the old karate world, if someone deliberately hits you, you would smack him back only harder especially if you are sempai. But I am older and got tired of smacking people (and being hit), and Aikido is now my 'DO'. So retaliating would not have been good Aiki, as well as losing face.

For a brief moment, I thought of taking the incident to shite's sensei but this seemed rather un-warrior like.

Then the technique changed to sankajou and I pinned him to the mat. I was not causing him pain though I could have (and I'd seriously thought about it) but he was not getting up until I had finished whispering in his ear.

"I don't know what's going on here but I feel we are not training cooperatively. And if we continue this way, one or both of us will get hurt."

I let him digest my statement before releasing the pin. Then it was his move.

The rest of the session was relatively uneventful. But it was cooperative.

Training and aikido moment aside, I thoroughly enjoyed the hospitality and camaraderie of our aikido colleagues in the countries in which I trained and in DEN – DEN4 included participants from Germany, Malaysia, Malta, Russia and Ukraine as well as the host country and members of AYNSW, Joe Thambu and Jon Marshall Sensei' Melbourne clubs.

Finally Inoue Sensei' 77th birthday party was quite a formal bash with over 400 guests – 77th birthday being very auspicious for Japanese. The attendees were a list of who's-who in the Japanese martial arts world and other local VIPs. This truly reflected the high esteem and regard with which Inoue Sensei is held in Japanese martial circles.

(Inoue Sensei's 10th Dan was awarded by the Japanese International Budo Federation in April 2009 and his 9th Dan was awarded by Shioda Gozo Koncho Sensei in 1992)

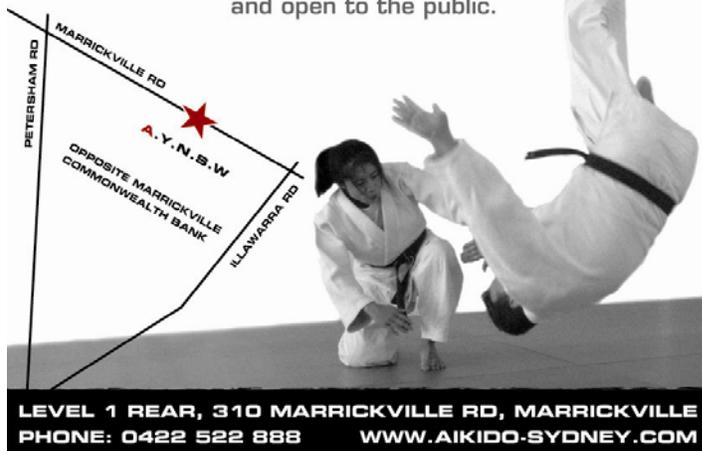
Osu!



## Anniversary Demonstration SATURDAY JULY 28th 2PM

AYNSW are holding their **7th** anniversary demonstration. This demonstration by students and instructors will include a wide range of basic to advanced techniques and explanation of aikido concepts.

This demonstration is **FREE**  
and open to the public.

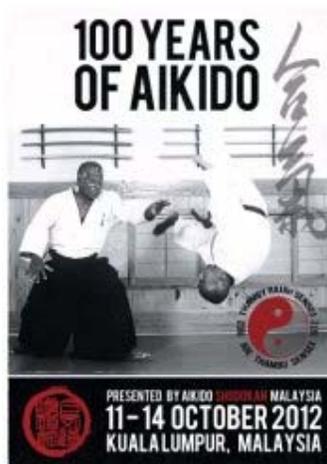


The dojo annual demonstration will be held on Saturday July 28<sup>th</sup> from 2pm.

This is a great chance to introduce aikido to family and friends as all aspects of aikido training will be demonstrated and explained.

The demonstration will be held at the dojo and entrance is free.

## Aikido Gasshuku Malaysia



This October, from 11th to 14th, Aikido Shudokan will be celebrating 60th Anniversary of Thamby Rajah Sensei & 40th Anniversary of Joe Thambu Sensei in Aikido.

This will be a 4-day Training Camp, Public Demonstration & a Gala Dinner with Award Presentations in Malaysia.

An event not to be missed.

For more details contact Joe Thambu Sensei

Aikido Shudokan  
4 Gooch Street  
Thornbury VIC 3071  
AUSTRALIA  
[www.aikidoshudokan.com](http://www.aikidoshudokan.com)

## Fundraising Event

John Rawson has been in and out of hospital since April. We are planning a special class and dinner event to raise some funds for his family.

### **Saturday July 14th 4pm – 5.30 Special Class**



Dinner at dojo from 6pm (bring a plate and share).

100% of donations will go to Claire, John's wife. John & Claire are self employed and with him out due to illness it has been very hard on their business. Please place your donation in a blank sealed envelope.

Any amount is acceptable but we are hoping that donations will average between \$30 and \$50. After training there will be a potluck dinner at the dojo from 6:00. If everyone can bring something to share there should be plenty to go around.

**BYO drinks**

Nathan & Kirsty are coordinating this event. To help with planning please sign up now so they know you are coming & what you are planning to bring.

## Hansei (Reflections)

The cold winter months are not my favourite time of year. This winter feels particularly cold and icy.

Human society has always advanced by overcoming the elements and devising ways to make life easier. We learnt to farm so that crops were abundant, to dam rivers and secure water supplies, to salt, pickle and dry foods so that we could ensure ongoing supply in the lean winter periods. There are many examples and it continues even today. We humans are programmed for comfort. We know how to be comfortable.

It is therefore somewhat contrary to go against the elements and set out for the dojo knowing that it will be cold, the floor will be hard, we will feel a little stiff as we warm up etc. This is when that small voice in the back of one's mind will set out to distract us. "You are tired." "You trained already this week." "You can do it tomorrow when it's not raining." These and lots of other excuses float through our mind. It's not easy to push these away.

The nagging doubts or excuses really put our self discipline to the test. It's one thing to pit your mind against another; it's another to pit it against yourself. The former is somewhat easier as there is an ego engagement. When it is just "me" vs "me" there is little ego at stake. This kind of self discipline is really training in itself. By setting ourselves high but achievable goals and disciplining ourselves to meet those goals we are building strength and resolve that is transferable to other events. The mental will we develop then can be used in work, improving our health and happiness and creating a positive "Can do" energy around us.

The main script on the dojo shomen scroll reads

養神保寿

*You Shin Hou Ju*

Developing Spirit Ensures Health & Happiness

Pushing through and persevering in training empowers us to do so in other areas of life. Training in aikido or any form of budo has its immediate benefits in terms of health and skills acquired. The broader longer term benefit is the training habit itself. By making an effort, not taking short cuts applying oneself fully to the task we are developing ourselves better for life.

See you on the mat.

DF

---

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](mailto:aikido.yoshinkai.nsw@gmail.com)

[www.aikido-sydney.com.au](http://www.aikido-sydney.com.au)