



AYNSW March-April 2011 Newsletter

Hello everyone.
Here is the autumn newsletter.

Grading Results

Congratulations to those who graded in February:

2nd kyu

John Rawson

5th Kyu

Adrian Banu

Daniel Harbour

6th kyu Senior

Paul Rhode

8th kyu

Michael Seufale

Leticia Funston

Johan Indahsz

The next grading will be held on Saturday April 30th.

Public Holiday

Please note that AYNSW will be closed over the following public holidays:

Friday April 22nd to Tuesday April 26th Easter Weekend and ANZAC Day

The last class is Thursday April 21st and the first class Wednesday April 27th.

Also, just a reminder to parents that the Aiki Kids classes will run as per usual schedule over the school holidays.

AiKinetic Flood Relief Fund Raising

AYNSW held a special 2-hour AiKinetic class on Saturday, February 26th. The class was widely publicized with an article published in the local newspaper. Everyone got behind the event with students inviting friends and supporting it fully.

Paul Cale Sensei led the group through a number of drills and explained how the science of battle from old Japan still remains valid and adaptable to the situations faced by Special Forces Operatives today. This AiKinetic special class raised \$600 for the Queensland Premier's Flood Relief Appeal. Thank you to Paul Cale Sensei and all the participants.

Japan Earthquake Relief

Our aikido friends from the Sendokan Dojo in Canada are doing a special fundraising event with the Canadian Red Cross. Let's get behind them and support the earthquake and tsunami victims in Japan:

Dear Friends and Colleagues.

As you are all aware, Japan has been hit hard. Our roots and affiliations with the people and culture of Japan run deep and we want to do something about it. Now is the time to band together and act. That is why we have created a fundraising campaign via our high traffic website at www.AikidoMississauga.ca. We are working with the Canadian Red Cross who have boots on the ground helping right now with the relief effort. The best way we can contribute to the response is to donate. Enter our 1000 Cranes Japan Relief Fundraiser.

It works like this....

For every pledge of \$3.00 or more (corporate donations are most welcome) the students of the Sendokan Dojo will fold one origami paper crane. On April 10th, 2011 after all of the senior tests at the Robert Mustard clinic, we will be having a photo session and the community has been invited to come to the dojo to share in a vigil and photo opportunity. All the origami cranes folded thus far will be strewn about the dojo and people are invited to photograph the event. We are inviting everyone and we are hoping that you will be able to join with us to make this campaign as far reaching as possible.

Please send this e-mail to anyone and everyone you know, particularly those who are involved in martial arts. Individuals or groups can either donate directly through our web site (there is a link to the Red Cross donation page) or feel free to do your own local campaign, and bring your donation and cranes to the Sendokan Dojo on April 10th.

The Red Cross has created a payment portal for us. All a contributor needs to do is visit our website at www.AikidoMississauga.ca and follow the links the 1000 Cranes Fundraiser. From there they can click the DONATE NOW button which will launch the secure payment site. A tally will be kept so that we know how much has been raised and how much to fold.

Housekeeping

At the end of training each day we systematically sweep the mat. This is a regular chore but should be treated as a part of training. How can that be? Surely this is just a trick from the Sensei to get students to do a bit of free work. Well, if we think of it that way then it becomes so. Rather, let's think about the form and shape of sweeping. The broom should do all the work without effort. The brush should glide lightly over the mats. The action is free flowing; not jarring or applied with excessive strength. Described like that sweeping sounds like something else we do at the dojo.

Please take care with the sweeping. The mats can be damaged easily, especially if excessive pressure or force is applied. We have also lost a few brooms that have inexplicably snapped in use. Remember, it's just like aikido, free flowing brush strokes that glide across the mats.

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 are 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 6.00 (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, NSW
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 events in Japan have shocked everyone. It is rare that the sheer power of nature is documented so vividly. The images will stay with us for the rest of our lives.

Having spent a third of my life in Japan I thought I was prepared for anything. There was always the chance of a massive earthquake, so we always tried to be prepared as best we could.

From time to time predictions were made, dates were given, but nothing ever happened. Our small disaster kit contained water, rice, torches etc. I also kept my motorbike fully gassed up in case we needed to get out in a hurry. The events we witnessed this month are well beyond anything we could have imagined.

Many people have asked after our aikido teachers & friends in Japan. Fortunately, all are safe. Reports coming back from contacts in Tokyo are concerning though. Electricity and water are rationed. Elevators, street lights and any unnecessary power use has been cut. One friend said it was as you would imagine the city to be in wartime. Bottled drinking water is rationed. I was told that sales are limited to one 2-litre container per customer. News reports of radiation leakage continue to be grim.

Iwama is a small town in Ibaraki Prefecture, about 1.5 hours inland from Tokyo by train. It is a kind of a Mecca for aikido students as it was the residence of Ueshiba Morihei (O'Sensei) from 1942 until his death in 1969. The dojo was a wooden building, very old and a little run down but filled with vitality. I have heard reports that the earthquake severely damaged the dojo. I have no doubt that training will continue and that the building will be repaired with time.

April 29th is Midori no Hi or Green Day, a special day at the Iwama dojo. There is a Shinto service led by priests of Omoto Kyo (a sect within Shintoism) at Aiki Shrine followed by a demonstration. I was fortunate to have witnessed O'Sensei's son, Ueshiba Kisshomaru, demonstrate at this event.

He was in his 70's and appeared to be quite frail as he walked. As soon as the demonstration started it was as if he had received a recharge of energy. He moved freely gliding past his uke's effortlessly. It was an amazing transformation that showed how aiki travels beyond physical boundaries.

Japan is suffering; the people have been hit hard. But like people who suffer hardship everywhere, they will band together and unite in spirit and energy to rebuild. In our own way our training is doing the same for us. Rather than return home to crash on the sofa, we push ourselves a little further, go to the dojo, endure a little hardship, sweat, and sometimes bleed. We train together cooperatively, all in the aim of rebuilding ourselves in technique and spirit.

OSU!

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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).