



## AYNSW November-December 2011 Newsletter

Hello everyone.  
Here is the final newsletter for 2011.

### Adults' Grading Results

Congratulations to those who graded in August, September and October:

#### 2<sup>nd</sup> kyu

Tom Seeto  
Kirsty Bryant

#### 3<sup>rd</sup> kyu

Sara Bryant  
Adrian Banu

#### 5th kyu

Paul Rhode

#### 6th kyu

Elisa Lazos  
John Cuili  
Nathan Tartak  
Michael Seufale

#### 7th kyu

David Kraus  
Andralia Vainga  
Charles Rushworth  
Richard Berry  
Mykola Kovalchuk

#### 8th kyu

Seung Joon Lee  
Junichi Shimoda  
PJ Egan  
Dorian Peters  
Shawn Vainga

The next grading will be held on Saturday December 10th.

### Aiki Kids Grading results September 17<sup>th</sup> 2011

#### Junior 5th kyu jr

Charlie Byron  
Caleb Sawyer  
Deni Banu  
Ethan Westlake  
Polina Pavlenko  
Oliver Maclean  
Thomas Maclean  
Ari Papas

#### Junior 7th kyu jr

Mason Walsh  
Matthew Pettett  
Fifi McMillan  
Hunter McConnell  
Erin Ashley  
Lauren Ashley  
Ava McConnell

#### Junior 8th kyu jr

Jacob Geikowski  
Ana-Maria Puiu  
Elijah Morrow  
Leonidas Pegios

The next grading will be held on Saturday December 10th.

## **Kenshinryu 20<sup>th</sup> Anniversary Demonstration**

On Saturday October 29<sup>th</sup> Kenshinryu, based on the Sunshine Coast, celebrated 20 years of aikido. Founder and Chief Instructor David Dangerfield has taken aikido far further than most in making it a meaningful part of life. David Sensei has long been involved with youth and disability services, teaching aikido in local schools and running workshops and classes to bring aikido to people who may not otherwise have had an opportunity to train a martial art. For more details please visit <http://www.compassinc.org.au/>

For the 20<sup>th</sup> anniversary celebrations a number of people were invited to do supporting demonstrations including from Melbourne Joe Thambu Sensei, Jon Marshall Sensei and Darren Sensei from Sydney. Matt Cole accompanied Darren Sensei as his uke for this demonstration.

The demonstration was held in the Nambour Civic Centre and enjoyed a good audience turnout. There was a good mix of aikido and other traditional Japanese budo, making this a very well rounded demonstration.

The demonstration was of course followed with ample refreshments and plenty of catching up.

On the Sunday Joe Sensei taught the Restraint & Removal seminar at the Kenshinryu dojo.

The weekend was an enjoyable mix of training and southern Queensland country hospitality. Thank you to David Dangerfield Sensei, Wendy Dangerfield and all those who helped put on this excellent event.

## **Housekeeping**

With the weather warming up as summer approaches we all need to take care of a few things to ensure training is positive and purposeful for everyone.

Keep fluids up during the day. This is simple practical sense. We sweat a fair bit in training and having a good fluid level prior to the start makes recovery that much quicker.

Look after your uniform. In warmer weather it really needs to be washed after each training session. Drop some bleach in with the wash can really help to freshen and whiten it up.

## December Events:

### Adults' Bonenkai (Year end party)

We have booked a restaurant for our bonenkai to be held on Saturday December 10th from 7 pm. See below for details:

When: Saturday Dec.10th from 7:00

Where: Edamame Sushi, Marrickville Road

opposite the post office in Alex Trevallion Pavillion.

- ❖ \$35 course, BYO
- ❖ \$10 kids meals

This new restaurant is getting great reviews and setting new standards for Asian Fusion cuisine. The restaurant opens up to the courtyard area opposite Marrickville Post Office.

See dojo reception **by Dec .3rd** to book your place.

### Aiki Kids Bonenkai and Awards Ceremony 2011

Dear Parents,

The end of year is fast approaching in a few months and we know how busy things can get around this time. We would just like to let you know about the *bonenkai*, or end-of-year party and awards ceremony we have planned for the kids so you can mark it on the calendar. Details are as follows:

**Date:** Saturday December 17<sup>th</sup>

**Time:** 1:00 - 3:00

**Program:** 1:00 - 1:30 -- Games  
1:30 - 2:00 -- Lunch (pizza and drinks)  
\* Please let us know of any allergies or dietary restrictions\*  
2:00 - 2:30 -- Games  
2:30 - 3:00 -- Awards ceremony

**Dress:** Regular clothes; no dogi required

**Cost:** \$25 per child

You can drop your kids off and return around 2:30 for the start of the awards ceremony to see them receive an award. **Please let us know no later than Nov.30<sup>th</sup>** whether or not they can attend so we can plan accordingly. Your children can also invite their friends to attend the party.

**\* Please note that on that day there will be no kids' class in the morning.\***

We hope that your child can attend the party; it should be lots of fun!

## **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.

## **Hansei (Reflections)**

Aikido is unique in that it brings two people together in a cooperative manner in order to learn how to apply martial arts techniques on each other. This was one of the features that attracted me to the art, beyond the physical training. In any dojo you will find people of different backgrounds, ages, sizes and sex working together to learn and apply aikido techniques. It is almost ironic that through learning a martial art, that had its inception on the battlefields of old Japan, we develop a better understanding of humanity and build long and lasting friendships with people we would probably not otherwise meet through life.

Aikido training brings something different for each individual. In my case the benefits have changed over time. Achievement of a simple goal leads to another challenge. There always seems to be something within the art that is just out of reach. Something that we know we can achieve with perseverance and the correct approach to training.

My recent trip to the Sunshine Coast has really reinvigorated my desire to see aikido move beyond the dojo. I am keen to see more aikido in schools, in corporations and Government. Anywhere that people come together can benefit from aikido principles and practise. As an organization I hope to see AYNSW develop more and stronger ties with local groups and work to bring aikido to more people in 2012.

OSU!

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