



AYNSW November-December Newsletter

Hello everyone.
Here is the last newsletter for 2012

Grading Results

Congratulations to those who graded in October.

Adults

1st Kyu

Tom Seeto
Adrian Banu
Kirsty Bryant

2nd Kyu

Sara Bryant

4th Kyu

Mykola Kovalchuck

4th kyu & Jr Shodan

Owen Fasolin

5th Kyu

Campbell Douglas
Sean Mendis

6th Kyu

Joao Pequito
Adrian Ionita
Adrian Kelsey

7th Kyu

James Maeda
Jennifer Goldstiver

8th kyu

Ashlyn Rodrigues

The next grading will be held on Saturday December 8th

Housekeeping

It's getting warmer and looks like it is going to be a long hot summer.

Hydrate Before training: if you can drink a little more water in the hours before.

After training: unfortunately beer / alcohol are not hydrates. As we move into the festive season, make sure you rehydrate well before imbibing.

Dogi Let's respect ourselves and each other and make sure we have a fresh dogi for each session. An occasional cup of bleach to your wash will help brighten up the whiteness.

AYNSW Canberra

Work is underway to establish a branch dojo in Canberra. Tom Seeto and Andrew Barnes have both been with AYNWS since the first dojo opened in Alexandria in 2005. Tom is well known for his commitment making the long trek up fro, Canberra and staying overnight to get the most out of his training time. Andrew Barnes recently moved to Canberra. Together they will form the nucleus of the new dojo. Locations are being scouted and it is expected that training will commence sometime in 2013.

YouTube

AYNSW has launched a new series of videos. The "Aiki Concepts " series is an ongoing video educational project which aims to explain a little bit more the philosophy and approach that Yoshinkan Aikido brings to aikido training. The first in the series is "Kamae".

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

Adults' Bonenkai (Year end party)

Yes it is approaching that time of year again. The adults 忘年会Bonenkai (forget the year party) will be held on Saturday December 8th, directly after the grading at Sakae 303 Illawara Rd, just around the corner from the dojo.

The restaurant is a \$30 BYO menu for us.

We are starting early about 4.30 and will finish at 7pm for 二次会 nijikai (after party).

Keep that date free.

Aiki Kids Bonenkai and Awards Ceremony 2011

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 15th

Time: 1:00 - 3:00pm

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: \$30 per child (Friends / family are welcome)

Online DVD Store Opens

The AYNSW website now has an online store presence and is fully stocked with lots of DVD for aikido and many other martial arts. AYNSW is the exclusive distributor for Quest Video in Australia.

DVD can be purchased online or at the dojo reception desk.

Special thanks to John Cuiuli for his help and support with this project.

To peruse the inventory visit <http://aikido-sydney.com.au/store>

Dojo Christmas New Year break

The last day of training will be Friday December 21st. The dojo will reopen on regular schedule from Monday January 7th.

The kid's classes run throughout the school holidays except for the Christmas / New Year period. The last kid's class is Thursday Dec 20th recommencing Tuesday January 8th.

Ando Sensei Seminar 2013

AYNSW is pleased to announce that Tsuneo Ando Shihan will be visiting Sydney for seminars and demonstration in June 2013.



Ando Sensei joined the Yoshinkan Honbu as an uchi-deshi in 1981. He was awarded the title of Shihan in 1993 and currently holds the rank of 8th dan in Yoshinkan Aikido.

Ando Sensei is in great demand internationally. He is a serious teacher but is well known for the warmth of his personality. Ando Sensei teaches daily at his dojo in Urayasu, Chiba. One of his students will be accompanying him to Sydney.

Ando Sensei's seminar will be held over the Queen's Birthday long weekend, June 8-10. Final details for the seminar schedule will be announced soon.

Hansei (Reflections)

I began my practise of aikido in 1984 and have been teaching aikido at a professional level since 1993. Over the years I have appeared as uke in a number of Japanese books and videos that my teachers published. On my last trip to Japan I was surprised to find new books and videos that featured video or still photography of me taken 10 years previously. I say this with a sense of pride as this has in a way documented my history and development in the art.

Last week we launched a new YouTube based video series, "Aiki Concepts". The goal of this series is to support the many good training videos that are already out there. There are so many good DVD available. All of my teachers have their own DVDs' out, which in itself says something about the level we are bench marking against.

The Aiki Concepts series is my attempt to explain some of the "why we do" points to aikido training. It has been my observation that most aikido video material has focused on the "how to do" points, which of course is natural and correct. In learning the art though, we must understand why we are doing things.

Aikido has evolved through time and in many ways has adapted to changes in society. In writing and filming the "Aiki Concepts" series I hope that I can pass on a little of the knowledge that was pounded into me over a long period of time and support my teachers' efforts to promote aikido.

See you on the mat.
DF

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