

AYNSW October–November 2010 Newsletter

Hello everyone.

Here is the October–November Newsletter for 2010.

Grading Results

Congratulations to those who graded on the dates below:

August 28th 2010 Grading Results

3rd kyu Senior

1093 Brian Lu
1137 Arthur Kogan
1159 Nathan Smith
1129 Andy Lam

4th kyu Senior

1171 Michael Fryer

5th kyu Senior

1166 Sergey Seredinin

6th kyu Senior

1186 Samuel Pigott

7th kyu Senior

1200 Adrian Banu
1188 Paul Alex

Congratulations to all who passed.
The next Adults' grading will be held on
Saturday October 30th.

September 25th Grading Results

5th kyu Junior

2055 Owen Fasolin

6th kyu Junior

2072 Lara Fasolin

7th kyu Junior

2052 Caleb Sawyer

2053 Ty Behnke

2060 Zarine Deboo

2061 Tanaz Deboo

2062 Ike Schwartz

2063 Lukas Nelson

Congratulations to all who passed.
The next Aiki Kids' grading will be held on
Saturday December 11th.

8th kyu Junior

2066 Deni Banu

2071 Maura Rosary

2073 Brandon Summers

2074 Andrew Lazo

2077 Polina Parlenko

****Aikido Yoshinkai NSW 5th Anniversary and Grand Re-opening Demonstration ****

A **BIG THANK YOU** to all who were involved in the embu held early last month!
There was a good turnout and everything went smoothly with everyone doing their best and going beyond in their demonstrations. Thank you also to Joe Thambu Shihan, Founder and Chief Instructor of Aikido Shudokan Melbourne and instructors Jon Marshall Sensei and Enrica Cheung Sensei as well as Ms. Yoshie Aihara, Consul for Information and Culture from the Japanese Consulate in Sydney.

Pictures from the day can be viewed on the Inner West Courier gallery <http://inner-west-courier.whereilive.com.au/photos/gallery/aikido-yoshinkai-5th-anniversary-demonstration/>

Below is an article written by Tom Seeto of AYNSW and published in the October issue of Blitz Martial Arts Magazine:

Aikido Yoshinkai NSW (AYNSW) celebrates the opening of their new training hall and its 5th anniversary

AYNSW marked the opening of their new full-time dojo (training hall) in the inner Sydney suburb of Marrickville and celebrated its 5th anniversary with an aikido embu (demonstration) held on September 4.

Instructors and students demonstrated a wide range of basic to advanced techniques and the head of AYNSW, Darren Friend Sensei (teacher) 5th degree black belt, finished off the embu by giving an explanation of fundamental aikido concepts and demonstrating on several students.

AYNSW members practise *Yoshinkan* aikido which is known for its dynamic yet non-aggressive approach to subdue an attacker, using the attacker's oncoming power to apply techniques through balance breaking, throws, locks and pins. It is also practised by the Tokyo Riot Police.

In attendance at this event were several special guests including Joe Thambu Shihan of Aikido Shudokan Melbourne and Ms. Yoshie Aihara, Consul for Information and Culture of the Japanese Consulate in Sydney.

Ms Aihara closed the event and remarked that she had attended many martial arts demonstrations in Japan and was most impressed with the dynamic demonstrations of aikido she had witnessed at Aikido Yoshinkai NSW.

On reaching these milestones, Friend Sensei affirmed, "Our aim is to create closer ties within the local community. We want to teach aikido the way we were taught, and remain loyal to the traditions and etiquette of the art. Aikido is about focus, and we want to help people find some of that in their lives today."

"July 9th of this year marked the 5th anniversary of the opening of AYNSW. We started off in a 42-mat dojo in Alexandria and recently moved to a bigger 119-mat dojo in Marrickville. With the help and support of dojo members we were able to move and set up the dojo within a matter of weeks, and that was not an easy feat!"

Friend Sensei also acknowledged the dedication of AYNSW members to aikido and their focus on training noting that students come to train regularly from across Sydney and as far away as Canberra, Newcastle and Wollongong!

Friend Sensei and his wife, Peggy Woo Sensei 4th degree black belt, opened AYNSW in Sydney after having spent many years teaching at the Yoshinkan Honbu (headquarters) in Tokyo. For more information on *Yoshinkan* aikido and AYNSW, please visit: www.aikido-sydney.com.au

Joe Thambu Shihan Seminars at AYNSW

The seminars conducted by Joe Sensei at AYNSW to help celebrate the 5th anniversary were well received with an enthusiastic turnout for both seminars. Aikido Shudokan has developed a variety of dvds to help complement the training seminars. These dvds are available for purchase from AYNSW reception:

Aikido Foundations \$40

More than one hour in length, this high quality production clearly and simply demonstrates the essentials of etiquette, falling, avoidance & basic movements and all Dai Ichi Kihon techniques (Yoshinkan First Level Basic Techniques).

Each technique is demonstrated multiple times, at slow and fast pace. Locking techniques also include close-ups for ease of learning.

Included is a wealth of extra features of interest to both new and intermediate students. Also, the menu of this disc was designed for easy repeated viewing and fast switching between chapters. All up, this is a great visual reference for teachers and students of Aikido alike.

Extras:

- Interview with Joe Thambu Shihan
- Aikido Historical Featurette
- Demonstration by Thambu Shihan (2001)
- Glossary of Terms
- Outtake Scene
- Extended Previews

THIS DISC IS ENCODED FOR USE IN ALL REGIONS
1 x SINGLE SIDED, SINGLE LAYER DISC
RUN TIME: 70 MIN APPROX.
STEREO SOUND SYSTEM

Aikido: Practice and Purpose \$40

Ever wondered how the traditional forms learned in your martial art are applied in the real world? This digital video will help you make the connection between your traditional forms, applied techniques and realistic self-defence applications.

With Practice & Purpose being the focus, each of ten techniques is demonstrated multiple times in traditional form (Kihon waza), applied form (oyo waza) and self defence form (goshin jutsu).

Whatever your martial arts background, this production will help you learn to bridge the gap in applying textbook knowledge to real life situations.

Another quality production from Joe Thambu Shihan (7th Dan, AYF), this widescreen presentation is packed with nearly an hour of technical analysis, freestyle Aikido, documentary footage and much more.

Extras:

- Interview with Joe Thambu Shihan
- Aikido Historical Featurette
- Demonstration by Thambu Sensei (2002)
- Glossary of Terms
- Extended Previews

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STEREO SOUND SYSTEM

Aikido Dynamic Variations DVD \$40

Having covered the basics in the bestsellers "Aikido: Foundations" and "Aikido: Practice & Purpose", this DVD guides you to the next level, expanding your repertoire with dynamic techniques.

The DVD includes a series of ten techniques, demonstrated from five different aspects and enables you to practice and explore variation within aikido. Through the practice of techniques from different perspectives, one can understand better the intricacies and subtleties leading to excellence. In addition, it shows you that aikido is an art form which is constantly evolving and allows the practitioner to refine and adapt accordingly.

All techniques are demonstrated at a slow and fast pace, making it easy to study. In addition, the menu format allows the viewer to replay a technique or move on to the next technique, suiting individual needs. This DVD is a fantastic resource and reference not only for aikidoists but any martial artists looking to widen their skills and broaden their knowledge.

EXTRAS:

- Interview with Joe Thambu Shihan
- Demonstration by Joe Thambu Shihan,
7th Dan, Melbourne 2008
- Aikido: Body and Soul Documentary

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Restraint and Removal: The Aiki Concept \$40

Aikido techniques and principles are widely known for their defensive applications. Now you can learn to harness them for self-defence, security or law enforcement use through a simple framework.

Known as the H-Footwork, this easy to learn system of entry and evasion will quickly teach you both effective technique and basic strategy. This DVD covers restraint & removal techniques including finger, wrist, elbow and shoulder controls.

This format has been developed by Joe Thambu Shihan (7th Dan AYF) and has been taught successfully to martial artists of all styles, security, law enforcement & military personnel in Australia, South East Asia, England and Europe.

This production has also been digitally remastered for DVD, and includes extended archival footage, some never before seen outside of Japan.

Extras:

- Interview with Joe Thambu Shihan
- Extended Archival Aikido Footage (Ueshiba, Shioda, Thamby)
- Extended Previews

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STEREO SOUND SYSTEM

Self-Defence: The Aiki Concept \$40

A continuation from “Restraint & Removal: The Aiki Concept”, this DVD further demonstrates the applications of aikido outside the dojo with self-defence as the focus. It provides you with an insight into what aikido can lead to once you have mastered the basics and are able to maintain control of your body.

Each of the ten techniques, from various attacks is shown in different settings and an in-depth description is given prior to the technique demonstrated. The techniques are shown in both slow motion and with close-up still images, enabling the viewer to appreciate the workings of the technique. In addition, the menu format allows easy navigation for repeated viewings of the same technique.

This production will inspire martial artists to discover the concepts behind techniques and apply them in practical situations.

EXTRAS:

- Interview with Joe Thambu Shihan
- Demonstration by Inoue Kyoichi Hanshi, 9th Dan, Melbourne 2008
- Aikido: Body and Soul Documentary

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Yoshinkan Aikido Gozo Shioda Memorial Festival 2010

This year 2010 marks the 16th anniversary of Yoshinkan Aikido founder Gozo Shioda Sensei's passing. To commemorate Shioda Sensei and Yoshinkan Aikido, the Honbu Dojo is holding a memorial aikido festival Nov.20th – 21st in Tokyo, Japan. This weekend will be comprised of a special demonstration and seminar with senior Yoshinkan Aikido instructors. More details will be available at

<http://2010yoshinkanevent.blogspot.com/>

AYNSW will be organizing a group to attend this event. If you are interested please speak with Darren Sensei or Peggy Sensei.

November Schedule Change

Please note that due to Darren Sensei attending the aikido seminar in Japan with AYNSW members, there is a slight change in schedule on the following dates:

- Wednesday Nov.24th – 7:00 AM Early Morning Class is CANCELLED
- Wednesday Dec.1st – 7:00 AM Early Morning Class is CANCELLED

Thank you for your understanding.

AYI Excerpts

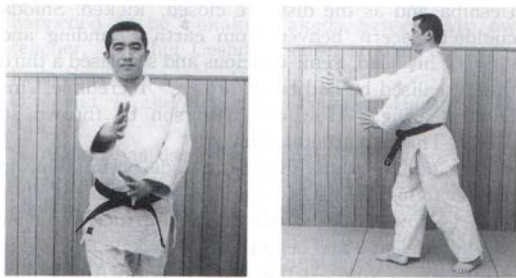
Between 1990 and 1995 Yoshinkan Honbu Dojo published a magazine called Aikido Yoshinkan International. This magazine featured articles and interviews with people at Honbu and from around the world, thoughts on training and rare insight into the mind of Gozo Shioda Kancho, the founder of Yoshinkan Aikido. Darren Sensei contributed to the magazine from 1993 and AYNSW is fortunate to have these rare volumes to share with its readers.

Here is an excerpt from Vol.1 Issue 1 1990:

TECHNIQUES EXPLANATION

KAMAE

Perhaps the single most important difference between Yoshinkan Aikido and all later forms of Aikido is the concept of kamae. Two basic stances are used in Yoshinkan Aikido, *Migi hanmi* (right stance) and *hidari hanmi* (left stance). These must be studied thoroughly as they are the base of Yoshinkan Aikido and all techniques stem from them.

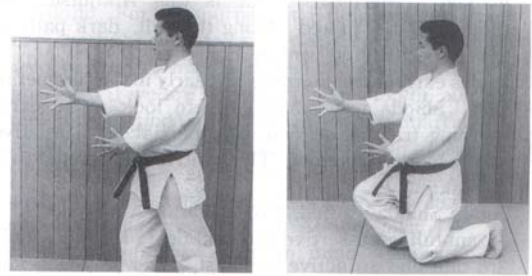


- *migi hanmi kamae* or right stance.
- hands held aligned with the body centre line.
- uppermost hand is held at chest height with arm slightly bent. The lower hand is held in front of the abdomen around belt level.
- feet are angled.
- spacing between feet approximately one and a half foot lengths.
- feet are perpendicular to each other.
- front leg is bent and back leg is straight.
- approximately 60% of body weight is over the front leg. It is important to understand the positioning of your body weight. Keep weight forward.
- fingers spread.
- lower hand about one fist width in front of the body.
- upper arm extended.
- shoulders relaxed.
- chin pulled in.
- straight from top of the head through to the heel of the back foot.

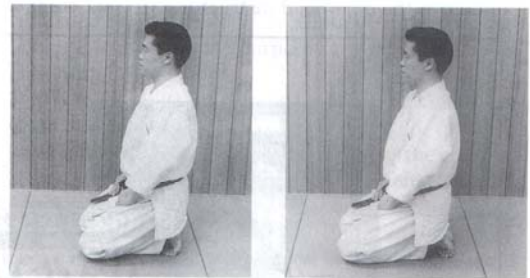
SEIZA HO

In Japan, a traditional way of sitting is *seiza*. When practicing *suwari waza* (kneeling techniques) *seiza ho* is important. In recent times, practical application of *suwari waza* is unlikely, however, *suwari waza* are still practiced as they form the most comprehensive method for training the lower body and legs. *Tachi waza* (standing techniques) are improved through the use of *suwari waza*. In *seiza ho*

facing your partner the understanding of distance and balance are developed. *Seiza ho* is another facet of training in Yoshinkan Aikido.



- from *kamae*.
- drop knee of the back leg in line with the ankle of the front foot. Control balance to prevent movement forward, back or from side to side.
- with hands, legs and feet closing together, lower body to sit on heels but remain on toes.
- hands placed at the top of the legs, close to the belt.
- as in *kamae*, concentrate fully.



- push knees forward using toes.
- upper body is relaxed with lower back straight.



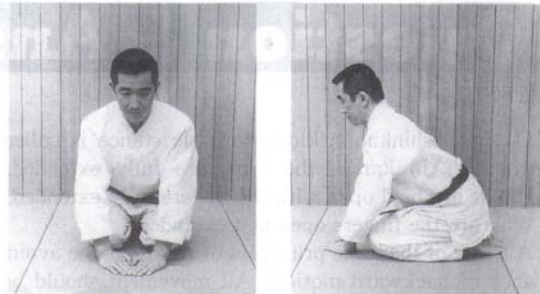
- a space of about one fist width between knees.
- *seiza*.
- feet pulled close together.

REI HO

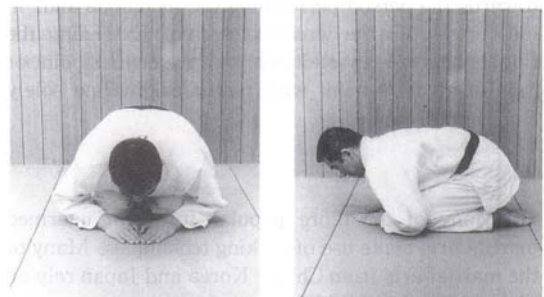
It is said that Budo begins and ends in rei (bowing). Rei ho sets the attitude of training. As with all actions and movements in Aikido, rei ho is not just form. Rei ho requires the same concentration and effort as all other techniques. Rei ho, as part of training to control others, necessitates control of the self i.e. with courtesy and respect.



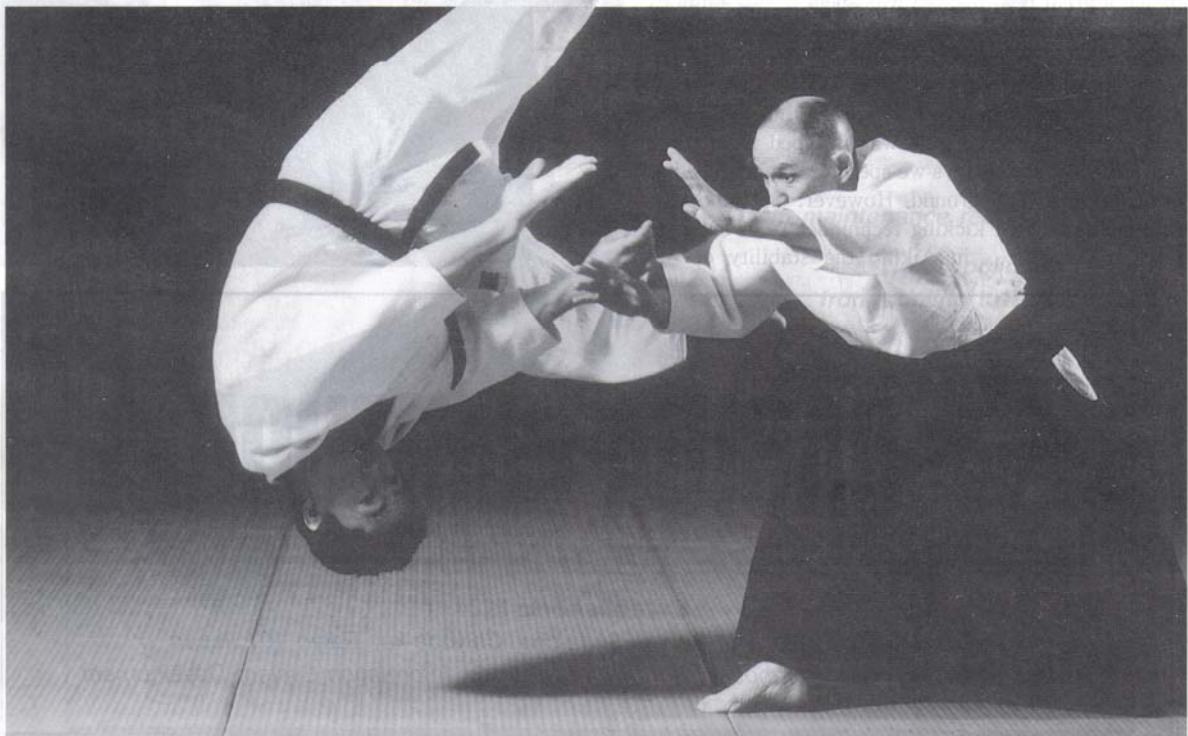
- begining from seiza.



- lower hands together down the legs to in front of the knees.
- fingertips touching. Hands form a triangle.
- back straight and keep body low to heels.



- bend elbows lowering body to the ground.
- stop with back straight and parallel to the ground.
- don't bend the neck.



****Natsukashii...****

Natsukashii is a Japanese term often used in moments of nostalgia, when we reflect on memories of "the old days." "Oh, that brings back memories" or "Those were the days" ...

The other day at the dojo I was watching some of our students doing *shinsa geiko*, or test training, in preparation for their next grading. It was great to see how everyone was cooperating and trying hard to achieve their best. It can be difficult and very exhausting to keep up that level of dedication and focus in preparation for the big day, especially the days leading up to it when nerves can sometimes take over.

In Japan I attended countless gradings at many levels – junior level, senior level, even right up to instructors'. It was always great to see the senior instructors showcase their technical ability but also interesting to see how they performed under pressure in front of many people. To me, they always seemed focused, calm and poised; they always made it seem very easy and effortless. It wasn't until I started grading myself, especially brown belt level, that I started to appreciate how difficult it could be as the testing syllabus got more comprehensive.

The one grading that really sticks in my mind is my *shodan* (1st degree black belt) test. My training partner was my good friend Sono with whom I had done every single grading from white belt level through to this big one. We were similar in size and physique so made training with each other ideal. We trained diligently over the course of a couple of months and sought to know each technique inside out. One particular technique we both struggled with was *katate mochi yonkajou osae* (one-hand grab, fourth control pin). We practiced that relentlessly until we thought we got it.

The day of the grading came and I was prepared– mentally and physically, or so I thought. It was the second technique called and my turn as *shite*. "Katate mochi yonkajou osae ichi!" I heard the sensei call out. Sono grabbed my hand, I shifted correctly, circled my arm up then slid forward and brought her arm down. Then my mind went completely blank! I stood there for what seemed to be an eternity just staring down at her arm. I knew I was in the wrong position but just didn't know how I got there or what to do next! Eventually I shifted the grip into what I thought was a natural yonkajou gripping position and finished the technique. When it came time to do the left side I remembered how the technique went and managed to do it more or less correctly.

When the grading was over a group of other dojo members came over to congratulate us. I remember one guy said to me in Japanese, "Peggy-san, I was so

worried for you when you froze; I kept thinking 'Don't stop, don't stop' and you didn't – you didn't give up and continued on with the test. Well done!"

Later when I got feedback from Chida Sensei everything was generally positive, then he smiled and said, "What happened on the yonkajou?" I replied that I had completely forgotten how to do the first part of the technique (even though Sono and I had practiced hundreds of times!) Then still keeping the same soft-spoken tone he said, "If you forget it is best to start over anew from the beginning and not get stuck in the mistake." I think I said "Osu!!" at that point and then I realized that I had gotten so caught up in trying to do the technique perfectly that I didn't consider the other important aspect of the test, that is, how to control yourself and the situation under pressure. I was so worried about doing the techniques correctly that in the end I forgot how to do it! That's why at Honbu they always stressed that if you ever made a mistake to step out of kamae, turn to the instructor, say "Osu!!" calm yourself then do the technique again. One important piece of advice that I had heard countless times before but never really gave it any thought because I thought I would never need to do it!

Suffice it to say, in my subsequent gradings I concentrated a lot more on remaining calm and focused. Of course, learning the techniques was still as important, but once you find your calm centre you will find things after that are much easier to control and you will do a much better test. -- *PW*

DVD Review

AYNSW is the official distributor in Australia for QUEST, the leading producer of martial arts DVDS in Japan. We will periodically be looking at the different DVDs of various styles and giving a brief synopsis on them.

****NEW****

****Chida Tsutomu Shihan****

Aikido Renshinkai First Step DVD



Chida Tsutomu Shihan, 8th Dan Yoshinkan Aikido, former Chief Instructor of Yoshinkan Honbu Dojo and Founder and Chief Instructor of Aikido Renshinkai, has now come out with a *NEW DVD* in both Japanese and English outlining the basics through to intermediate technique. His smooth yet dynamic form can be seen on this DVD making it an instrumental tool to aid your development of aikido.

Features of DVD include:

Kihon Shisei (Basic Posture), Kamae, Dosa (Movements)

Kihon Dosa

Katate Mochi Shihonage

Shomen Uchi Ikkajo Osae

Katate Mochi Nikajo Osae

Yokomen Uchi Sankajou Osae

Shomen Uchi Yonkajou Osae

Katate Mochi Sokumen Irimi Nage

Shomen Uchi Shomen Irimi Nage

Kata Mochi Hijishime

Shomen Uchi Kotegaeshi

Ryoute Mochi Tenchi Nage

Suwari Waza Ryoute Mochi Kokyuhō Ichi and Ni

***Extras* include:**

- [Interview with Chida Shihan](#)
- [First Aikido Renshinkai Demonstration 2008](#)
- [Second Aikido Renshinkai Demonstration 2009](#)

Running time: 110 minutes

Technical features of this DVD:

Region: ALL, NTSC

Language: Japanese

Subtitles: English

Hansei (Reflections)

With the Annual Demonstration drawing near it's good to look back and see how far we have progressed. As a non competitive martial art the demonstration format allows people to see aikido and the array of techniques and training forms available.

Yoshinkan Aikido was established by Soke Gozo Shioda (1915–1994) in 1954. Before WWII the Dai Nippon Butoku Kai (DNBK 大日本武徳會) was the organization which oversaw martial arts training throughout Japan. It was established in 1895 and its purpose, at that time, was to standardize martial disciplines and systems throughout Japan. This was the first official martial arts organization sanctioned by the government of Japan. It stressed the martial virtues of samurai warriors and incomparable historical excellence in martial disciplines. Martial arts training in post war Japan was banned from 1946 to 1953 by the allied occupation administration to prevent groups gathering and training for insurgency.

The Nippon Sogo Budo Yaitai, or Life Extension Society sponsored the first Post-War demonstration of Aikido in 1954. Shioda Sensei participated and was awarded the Grand Prize for the performance in front of an audience of

fifteen thousand spectators. This set the course for the establishment of the Yoshinkan dojo and its subsequent growth.

In my time at the Yoshinkan Honbu demonstrations were conducted throughout the year as a way of promoting the art. I participated initially in the standard set piece demonstrations. We would first learn the outline of the demonstration then hone the techniques making it sharper and more dynamic. Soon I was selected to be uke for the teachers, initially with junior teachers and later with the senior teachers. This role was in many ways easier as we never trained for these demonstrations. They were not preplanned but rather created on the spot. The difficult thing was knowing what the teacher wanted. My Japanese was still very basic and I would on occasion make mistakes, misunderstanding instructions and attacking too soon or giving the instructor the wrong attack. It was never an issue for the instructors, they just dealt with it, but I always felt bad after and resolved to do better if the chance arose again.

For those participating in this year's demonstration it is a chance to focus on the techniques and formats and really polish those points. Making techniques tighter and faster will help develop our physical & mental concentration, making us better across all of our training.

Aikido is a physical art. It is an activity that we can continue to improve and grow in as long as we keep on training. From the Yoshinkan's establishment in 1955, Gozo Shioda devoted his life to aikido eventually being awarded 9th dan by O'Sensei in 1961, a confirmation of his total mastery of aikido. In 1983 he was awarded the rank of 10th dan by the International Budo Federation along with the title of Meijin or Grand Master. He was active in aikido to the end. His passion and enthusiasm lives today as we strive to do the best we can each time we step on the mat.

OSU!

DF

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).