



AYNSW April–May 2010 Newsletter

Hello everyone.

Here is the April–May Newsletter for 2010.

In Memoriam

Aikido Yoshinkai NSW is sad to report the recent passing of Orazio (Ray) Mazzone Sensei, Senior Instructor of Shodokan Aikido Sydney.

Ray Sensei started training aikido in 1986 and eventually attained 4th Dan Black Belt through the Japan Aikido Association and 1st Dan Black Belt in Takemusu Aikido. He was head instructor of Shodokan Aikido Sydney for the past 18 years and was very supportive of events held in the local aikido community. We were fortunate to have had his support for the various Joe Thambu Sensei seminars held over the years as well as the Takeno Shihan seminar held last year in which he had his last demonstration. He was a very kind and selfless soul who loved aikido and sharing his knowledge of the art.

We offer our deepest condolences to Ray Sensei's family and students.

Grading

Congratulations to those who graded on Sat. May 1st and Mon. May 3rd. Everyone put a lot into their training especially the weeks leading up to the test and did their best. Results are below:

Senior 7th Kyu

Samuel Piggott

Warwick Jones

Ron Harrison

Senior 6th Kyu

Ngai Quyet Ghi

Senior 4th Kyu

Andy Lam

Ronny Sakamoto

Senior 5th Kyu

Sara Bryant

George Karagiannis

Shodan (1st Degree Black Belt)

Andrew Barnes

<p>The next grading will be held on Saturday 26th June.</p>

New Grading Syllabus

Please note that there is a new AYNSW grading syllabus from May of this year. For those of you who are planning to test please refer to the updated syllabus on the website or at the dojo.

School Seminars

AYNSW will be conducting introductory aikido seminars at the following schools in June & July. If you would like to assist please see reception.

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|----------------------------|--------------------------------|------------|
| • Roseville Girls' College | Thursday June 10 th | 8.30–12.30 |
| • St.Aloysius' College | Tuesday June 15 th | 11.30–3.30 |
| • Balgowlah Boys Campus | Thursday July 29 th | 9.00–1.00 |

Public Holiday

Please note that the dojo will be closed in June for the following public holiday:

Queen's Birthday: Monday June 14th

Schedule Change

Due to the school seminars on Thursday June 10th and Tuesday June 15th the midday classes on those days will be rescheduled to the Wednesday of those weeks, Wed. June 9th at 12 PM and Wed. June 16th at 12 PM.

Housekeeping

- Entering Dojo:** Remember to “**Osu!**” with spirit as we enter.
If a class is in progress walk around the edge of the mats along the window-side to the change rooms. Please **DO NOT** walk across the dojo. If the class is close to finishing wait for it to finish before stepping onto the mats.
- In the Dojo** If you want to stretch out before training and a class is in progress get permission from the instructor. Try to be off the mat before the class finishes.
When instructed to line up or change positions “**Osu!**” and move **quickly**.

Chida Shihan Melbourne Seminar

Aikido Shudokan Melbourne hosted Tsutomu Chida Shihan 8th Dan and assistant Saburo Takashima Sensei (5th Dan) for a series of clinics over the **Anzac Day weekend April 24th – 26th 2010**. Thank you to Tom Seeto for submitting the following article on the weekend:

Chida Shihan Seminar, Melbourne, April 2010 by Tom Seeto

O'Sensei was quoted to have said something like: "Once you know shihounage, you know aikido!" meaning I think that once you got the principles, you have it! It's so simple! ;)

With this in mind, I was really looking forward to experiencing Chida Sensei's aikido again, having first experienced it in April 2006 at the (then) Tokyo Yoshinkai Honbu and in Malaysia in June 2009. Beyond his amazing aikido and his in depth understanding of the art that he effortlessly transmits, Chida Sensei is quite affable and approachable.



Chida Shihan and Takashima Sensei with AYNWS members

Chida Sensei was accompanied by Takashima Saburo Sensei (5th Dan) who some would recall, accompanied Inoue Kyoichi Hanshi (now 10th Dan) to conduct seminars hosted by AYNWS and Aikido Shudokan Melbourne in April 2008. It was great to experience his aikido again as well.

Chida Sensei's sessions could be best described as "clinics" in which we discovered and practised the subtleties of aikido. It was learning about the hidden stuff and the principles that I don't quite understand

and therefore cannot quite make them work on the mat. It was like when Darren and Peggy Sensei get us to experiment on a technique, but more, because we had more time and bodies to practise with at the clinics.

On the mat, you see a technique and could swear that you understand how it works. But when you attend these seminars or clinics, you may be surprised at discovering how things truly work. It may be something as simple and subtle as discovering that you move your hand first but ever so slightly reacting to uke, before moving your body like in Tai no henko (2). It feels different.

Back in Sydney, I was pressed for specifics by one of my mat brothers who did not attend the seminar: "Well what did you do?" This was a challenging question to answer.

I can say, for example, that we practised breaking people's centre when: Shite stood at kamae and uke applied katate to the shoulder, then Shite felt the connection and tension between shite and uke, and placed his index finger pad somewhere on uke's triceps lightly, then Shite moved his own centre and this caused uke to lose his balance, and further as an extension exercise Shite moved two uke at the same time!

Wow! No amount of words or pictures can paint a faithful image of what we did on this exercise and others. As people say, "Man ... you had to be there!"

And when we do such exercises, some people think it's "ki". But as Chida Sensei puts it: "Many people have misconceptions about high-level metaphysics such as 'ki power.' I don't focus on that. I teach in the physical realm. It's a kind of introduction to the higher level, and it's just like my teacher (Gozo) Shioda taught. – Many teachers talked about using ki, but Shioda taught in a physical way."
(http://www.fitnessjp.com/025_76_aikido,+the+yoshinkan+way)

The Melbourne seminar was also an opportunity to acknowledge and celebrate Aikido Shudokan's 30th year. Congratulations to Thambu

Shihan and our mat brothers/sisters in Melbourne! And congratulations to those AYNSW members who took part in the demonstrations.

[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.

[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.

****Yoshinkan Aikido DVD****

[Aikido Techniques: Tsuneo Ando](#)



Tsuneo Ando Sensei started training Yoshinkan Aikido under Gozo Shioda in 1981, eventually becoming one of his top students and later reaching the rank of 6th dan and attaining the title of Shihan. In 1996 Ando Sensei founded Yoshinkan Aikido Ryu and has continued both studying and teaching aikido in and around Chiba.

In *Aikido Techniques: Tsuneo Ando Shihan*, Ando Sensei shares with us his unique insights into Yoshinkan Aikido, developed through years of training and taking uke for Gozo Shioda.

Features of this DVD include:

- Footage of Ando Sensei at various demonstrations (1988–2001)
- Interview with Ando Sensei
- Explanations of: Shomen uchi ikkajou osae, Katate mochi nikajo osae, Yokomen uchi hijiate kokyu nage, Ushiro ryoute mochi kotegaeshi, Suwari waza ryoute mochi Kokyuho
- Jiyu Waza: Jiyu waza without use of hands, Knife evasion, Sword evasion, Multiple opponent techniques
- Kamae (Posture)
- Zanshin (Alert and ready manner which is maintained after the completion of each technique)

Technical features of this DVD include:

Region: ALL, NTSC Running time: 91 minutes

Language: Japanese Subtitles: Japanese, English

Hansei (Reflections)

April was a busy month topped off with Chida Sensei's visit. It was a great opportunity to get some inspiration from a leading Yoshinkan teacher and Chida Sensei did just that. I was lucky to have trained under Chida Sensei for 13 years, reporting directly to him concerning the running of the International Instructor Course at Honbu. You

would think I had seen all that he had to offer, but aikido is infinite and there is always something else, a little bit more to learn.

The other pleasing thing about these seminars is that it is a chance to train and meet with people from different dojos and different countries. Everyone is brought together with one common purpose, to study, learn and have fun doing it! It was fantastic to see the positive approach and energy everyone had towards the training over the weekend.

Chida Sensei has a particularly soft approach to training but still retains a sense of purpose and “oomph” in his application. I was privileged to feel this again in the demonstration as his uke. Chida Sensei also took pains to point out that while the intricate details we were working on over the seminar were something to aspire to, the kihon, or basic foundation, is needed before we can really assimilate these intricate details into our techniques. It was humbling for us all to be reminded of this from an instructor of Chida Sensei’s caliber that he still places such importance on the basics. Kihon is key to long term success.

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).