



## AYNSW December 2009 Newsletter

Hello everyone.

Here is the **AYNSW** Newsletter for December.

### Grading

#### Kids

The following graded on Tuesday December 8<sup>th</sup>. Congratulations to you for trying your best!

#### *8<sup>th</sup> Kyu*

Benjamin Torban

Tom Ell

Aiden Proude

#### Adults

The final grading of the year will be held on Friday December 18<sup>th</sup> from 6:30

Grading invitations have been sent to those who will be testing. There will be no class on Fri.Dec.18<sup>th</sup>, the day of the adults' grading, but the dojo will be open from 5:30 and students are welcome to come and do test practice before the grading.

### AYNSW is Moving

We are excited to announce that Aikido Yoshinkai NSW will be moving to a bigger dojo premises at the end of January 2010. The Alexandria dojo will remain open for training until the new dojo is fully set up:

**Location:** Level 1 Rear, 310 Marrickville Road, Marrickville 2204, next to Foundation Marrickville Medical Practice

**Transport:** 500 m from **Marrickville Train Station** (🚏Bankstown Line)

7-minute bicycle ride from **Sydenham Train Station** (🚏Eastern Suburbs & Illawarra Line 🚏Bankstown Line 🚏Airport & East Hills Line)

Train timetables <http://www.cityrail.info/>

**Bus stops** along Marrickville Rd.

**Route 426** Dulwich Hill-Marrickville-City

[http://www.sydneybuses.info/uploads/File/pdfs/regular\\_route\\_maps/426map.pdf](http://www.sydneybuses.info/uploads/File/pdfs/regular_route_maps/426map.pdf)

**Route 423** Kingsgrove-Earlwood-City

[http://www.sydneybuses.info/uploads/File/pdfs/regular\\_route\\_maps/423map.pdf](http://www.sydneybuses.info/uploads/File/pdfs/regular_route_maps/423map.pdf)

**Parking:** Rooftop parking at Banana Joe's Supermarket on Illawarra Rd. around the corner from dojo

Public car park located opposite supermarket

Public car park on Garner's Ave. off Marrickville Rd.

Street parking on Marrickville Road and side streets close by

This new dojo is about two and a half times bigger than the current mat space and has four times the number of shower and washroom facilities. We are very excited about this next chapter in the growth of AYNSW. This move will see our dojo established in a vibrant and developing family-friendly area of Sydney with great potential to make new ties with the local community.

More details will be forthcoming on the exact date of the dojo move, so please keep posted!

## **Emperor's Birthday and Ascension Party**

AYNSW instructors were invited to attend the annual party at the Japanese Consular Residency celebrating the Japanese Emperor's Birthday and the 20th anniversary of his ascension to the throne. The Japanese Consulate has been very supportive of ANSW over the years and we were honoured to be invited again to this special event. Mr Hobo, The Japanese Consular General gave an excellent speech detailing the ongoing cooperative nature of the important friendship between Australia and Japan.



## **Aiki Kids Bonenkai and Awards Ceremony**

The first kids' Bonenkai (year-end party) was held on Sat.Dec.5<sup>th</sup>. The party started with games and activities then a Pizza buffet that was quickly demolished. Following that there were more activities in groups with prizes for each team and finally the awards presentation ceremony. Each child is nominated for an achievement they have accomplished within the year. The recipients were

|                             |                  |
|-----------------------------|------------------|
| Improved shikkoho           | Sean Torban      |
| Improved koho ukemi         | Aidan Proude     |
| Improved zenpo kaiten ukemi | Sam Byron        |
| Smooth koho kaiten ukemi    | Marley Kuruvita  |
| Very Straight Ukemi         | Ryan Friend      |
| Improved Kamae              | Caleb Sawyer     |
| Improved Tai no henko ichi  | Charlie Byron    |
| Nice tai no henko ni        | Julian Soady     |
| Good hiriki no yousei ichi  | Will Karagiannis |
| Strong hiriki no yousei ni  | Andrew Di Blasio |

Improved Shumatsu dosa ni  
Improved Counting  
Class Leadership  
Excellent Behaviour  
Enthusiastic Game Participation  
Skill Retention & Fast Response  
Most Improved Technique

Jai Kuruvita  
Ty Behnke  
Leanna Shteinberg  
Owen Fasolin  
Benjamin Torban  
Lara Fasolin  
Albert Smytchek



Thank you to Nathan Smith and Matt Cole for joining in on the fun and for their ongoing support in the kids' classes throughout the year.

## AYNSW Bonenkai

*Bonenkai*, or end-of-year party in Japan, is a time for reflection on events of the year and a good excuse to eat, drink and be merry! This year AYNSW will be holding the first of many bonenkai in its new home Marrickville:

**Date:** *Saturday December 19<sup>th</sup>*

**Dinner:** *6:00 onwards across the street from the new dojo at **Bun Bo Hue Huong Giang Vietnamese Restaurant 287 Marrickville Rd.***

**Cost:** *\$30 set menu, **BYO***

Friends, family all welcome! Seating is limited so please book and pay no later than **Tuesday December 15<sup>th</sup>**.

## Schedule Change

**Friday December 18<sup>th</sup>**

- There will be no class that day due to the grading from 6:30.

## Holiday Schedule

### Children

AYNSW follows the NSW public school calendar. The last kids' class for 2009 will be **Saturday Dec 19<sup>th</sup>**. The kids' classes will resume on **Thursday January 28<sup>th</sup>, 2010**.

### Adults

The last day of training is **Wednesday December 23<sup>rd</sup>**

No classes from Dec 24<sup>th</sup> – Jan 4<sup>th</sup>

Training resumes on **Tuesday January 5<sup>th</sup>**

## Daytime Class Schedule

The morning classes on Tuesday and Thursday will not resume in 2010. The time for these classes will change to afternoon classes from **1.00-2.00pm on Tuesday and Thursday in 2010**.

After the dojo has moved to Marrickville the schedule will be expanded further to include an early morning weekday class.

## **Aikido Gasshuku (training camp) 2010**

Aikido Shudokan Melbourne is planning to host Tsutomu Chida Shihan 8<sup>th</sup> Dan for a series of clinics over the **Anzac Day weekend April 24<sup>th</sup>-26<sup>th</sup> next year**. It will be a great opportunity to train under Chida Shihan, former Chief Instructor of Yoshinkan Honbu and experience his smooth and flowing technique.

### **Payment information**

•Payments by April 5th 2009: AUD\$200.00

•Payments after April 5th 2009: AUD\$250.00

AYNSW will be organizing a group to fly down to Melbourne to take part in this event. It will be a fantastic experience to train with Shudokan members once again and show our support for them as they have done for us in the past.

Visit <http://www.aikidoshudokan.com/chida-shihan-australian-tour-2010/>

## **Aikido News Articles**

AYNSW will be featured in the January issue of Blitz Magazine in an article focusing on footwork in aikido. Thanks to all the guys who took part in the photo shoot. Keep an eye out for the magazine on the newsstands!

## **Hansei (Reflections)**

With 2009 rapidly coming to an end and a new decade commencing it is with satisfaction that we can look back on 2009. It is hard to pick a highlight, but the seminar with Takeno Sensei and the way in which everybody pulled together to make this event a success, stands out in what has been a big year for AYNSW.

Following Takeno Sensei's visit we had Joe Thambu Sensei mid year for a series of clinics over a weekend. Joe Sensei led us through aikido foundations, restraint & removal and practice and principles. It was a big 3 days of aikido and we are very grateful to Joe Sensei for making his time available.

Paul Cale Sensei expanded on the concepts of aiki in an aiki-striking seminar in October. Paul Sensei has an extensive martial arts background, the knowledge he brings is both exacting and complete. The aiki-striking seminar focused on uke's role in budo training. Paul Sensei clearly tied the roles of shite and uke together within budo and showed us how simply we can adapt and apply the set Yoshinkan basics to different attacks.

I am looking forward to next year's training calendar. Chida Sensei's visit to Melbourne will be a great chance not just to train under a leading exponent of the art, but also a good chance to train with other aikidoka, and get their insights into the art.

Finally I'd like to finish by thanking all who have trained at and supported the dojo, this year and previous. A dojo is a community. The spirit of the dojo is the sum of all who have trained, assisted, repaired, sponsored equipment & events, arranged transportation, advertising, media, introduced friends and family and helped us grow. Particular thanks to the black belts who have always been ready to put other people's training needs ahead of their own and pitched in teaching the occasional class when needed.

The spirit of aiki is alive. 2010 will see us all develop further in both technique and spirit.

OSU!

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Regards,  
Peggy & Darren

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[www.aikido-sydney.com.au](http://www.aikido-sydney.com.au) 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).