

AYNSW February Newsletter

Hello everyone.
Here is the first AYNWS Newsletter for 2009.

Grading

The next grading will be held Sat.Feb. 28th from 2:00. Those interested in grading should speak to an AYNWS instructor.

Housekeeping

With most people back from holidays the dojo has recently seen a surge in attendance. It is great to see everyone training with such enthusiasm and dedication. With more people training in classes and the recent heat waves, we ask that everyone keep in mind the following:

- Drink lots of water before and after training.
- Be considerate of your training partners and wash your dogi after each training session.
- Please take any food/drinks home with you.

With the start of the new year it is a good time to review the AYNWS Handbook and refresh your mind on basic dojo etiquette.

Takeo Sensei 2009

Takafumi Takeo Sensei (9th Dan) will be conducting a 3-day seminar next year over the long Easter Weekend. One of Yoshinkan Aikido founder Gozo Shioda Soke's main uchideshi (special student), Takeo Sensei is Kancho (Dojo Head) and founder of Aikido Yoshinkan Yamanashi. He was also Chief Instructor at Honbu Dojo for over 10 years prior to that. His passion for aikido can be seen in his dynamic technique and in his enthusiastic and inspirational teaching. A clip of his past demonstrations can be seen on YouTube:

<http://www.youtube.com/watch?v=LYmoSu46Ar4&feature=related>

Accompanying Takeo Sensei is Chiemi Nakagawa Sensei (5th Dan), his main student and assistant instructor, and also winner of the Annual All Japan Aikido Yoshinkai Embu Taikai on several occasions. As a female aikidoka, Nakagawa Sensei is an inspiration to both women and men for her sharp and powerful execution of technique and amazing ability as uke.

We have received extensive interest from interstate as well as overseas and places for both seminar and welcome party are filling rapidly.

This is a once-in-a-lifetime event not to be missed so book now to secure your place:

Seminar: Saturday April 11 (10.00-12.00 & 2.00-4.00)
Sunday April 12 (10.00-12.00 & 2.00-4.00)
Monday April 13 (10.00-12.00)

\$250 includes all 3 days of seminar and entrance to demonstration

Demonstration: Monday April 13 (2.00-4.00)
Entrance fee: Adults \$10 Kids \$5

This is a rare chance to train under a teacher who brings all his passion for aikido to every minute of every class.

Takeo Sensei Welcome Party

AYNSW will be holding a special welcome party for Takeo Sensei and Nakagawa Sensei when they visit in April. Details below:

Date/Time: *Sat. April 11th from 7:30 pm*

Place: *Spanish Tapas Restaurant, 26 Glebe Point Road,
Tel. 9571 9005 (1-minute walk from seminar venue)*

Cost: *\$55 private banquet includes an assortment of salads, a wide variety of seafood, meat, and vegetarian tapas, a wide variety of seafood, chicken, vegetarian paella. There will also be a special flamenco show to top off the evening!*

Takeo Sensei's visit is a once-in-a-lifetime event and this welcome party is a rare opportunity to meet and speak with one of the world's top martial artists, a 9th Dan in Yoshinkan Aikido.

Seating is limited, so early booking is advised. Please contact AYNSW to book. We look forward to seeing you at the seminar and welcome party!

Hansei (Reflections)

Shuchuryoku is a term that refers to the concentration power we bring to a given point within aikido techniques. Shuchuryoku is developed through our kamae. A strong line through the body starting with our legs, up into the waist and torso then projected through our arms, fingers and eyes.

Shuchuryoku is essential for the execution of well grounded aikido techniques. Without it, we find our technique to be weak and ineffective or worse, we are unbalanced and uncommitted, easily having a technique reversed on us.

The mental application required for kamae and shuchuryoku is something that we should carry to our self defence applications and indeed in all forms of life. The commitment which comes with this is what makes such a difference. A strike or technique delivered without the shuchuryoku / commitment factor is bound to be ineffective.

The training we do in aikido prepares us to make an instant decision and start on a well rehearsed course of action through our aikido techniques. In training we analyse attacks and plan our responses, rehearsing over and over. If ever tested our level of commitment to the technique will determine the degree of success.

We can take this process to decision making in life. Deciding on a course of action and staying the course is something that many people find difficult to achieve. Fear of the consequences prevents decision making. Once action is decided a lack of commitment to the course prevents its completion.

When faced with difficult circumstances we should treat it like our aikido training. Analyze the situation, develop an approach, practise the execution and become proficient. Know yourself, your strengths and weaknesses, study the terrain in which you will be operating, learn about the people working within it. When a decision leading to action is required, you will be ready. Bring mental shuchuryoku & commitment to the task and success will come.

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Regards,
Peggy & Darren

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Aikido Yoshinkai NSW instructors are accredited as martial arts coaches through the Martial Arts Industry Association (MAIA) under the auspices of the National Coaching Accreditation Scheme (NCAS.) administered by the Australian Sports Commission.