



## [AYNSW June 2009 Newsletter](#)

Hello everyone.  
Here is the **AYNSW** Newsletter for June.

### [Next Grading](#)

The next kids' grading will take place Tuesday June 16th. The next adults' grading will be on Saturday June 27<sup>th</sup> from 2:00. Grading invitations will be sent out shortly.

### [Blitz Magazine](#)

Check out the June edition of Blitz Magazine, Vol. 23 No.6. It features a rare interview with Takafumi Takeno Sensei (9<sup>th</sup> Dan Yoshinkan Aikido) Founder and Kancho of Aikido Yoshinkan Yamanashi and his uchideshi, Chiemi Nakagawa Sensei (5<sup>th</sup> Dan) Chief Instructor Aikido Yoshinkan Yamanashi. There is also a cool shot of Darren Sensei being thrown by Takeno Sensei! Thanks to Tom for coordinating and compiling the interview, Seiji for translation and Matt Williams for photography.

### [Public Holiday Schedule](#)

Please note the dojo will be shut on the following public holiday:

- Monday June 8<sup>th</sup>      Queen's Birthday

### [AYNSW New Classes](#)

From July AYNWSW is pleased to announce a change to its schedule with 2 new classes:

#### **Mondays 7:30-8:30    Brown belt and above Class**

This class meets the growing demand of our ever-expanding senior belts population and will focus on the more advanced techniques within the Yoshinkan syllabus. This class is restricted to 3<sup>rd</sup> kyu (Brown Belt) and above only.

#### **Fridays 6:15-7:45    90-minute Open Session**

This extended class is for those who want a longer training session to wind down the week. This is open to all levels. \* Please note this will be the only class on Fridays; there will no longer be the 7:30-8:30 session.

## **[AYNSW 4<sup>th</sup> Year Anniversary Demonstration](#)**

July 9<sup>th</sup> of this year marks the 4th anniversary of the opening of Aikido Yoshinkai NSW. To commemorate this day we will hold a demonstration at the dojo on Saturday July 25<sup>th</sup> from 1:00. Basic through to advanced movements and techniques will be displayed and will feature an explanatory demonstration by Founder and Chief Instructor Darren Friend Sensei. This demonstration is free and open to the public.

# Joe Thambu Shihan 7<sup>th</sup> Dan Yoshinkan Aikido Clinic and Restraint and Removal Seminar Sydney 2009

Aikido Yoshinkai NSW is excited to announce that it will once again host **Joe Thambu Shihan** (7<sup>th</sup> Dan Yoshinkan Aikido) Founder and Chief Instructor of Aikido Shudokan in Melbourne, for his internationally renowned **Yoshinkan Aikido Clinic and Restraint & Removal Seminar**. For a full bio of Thambu Shihan please visit [http://www.aikidoshudokan.com/australia\\_neo/?page\\_id=6](http://www.aikidoshudokan.com/australia_neo/?page_id=6)

**Date:** Friday August 28<sup>th</sup> to Sunday August 30<sup>th</sup>.

**Place:** Aikido Yoshinkai NSW

Level 1, 72 Wyndham St.

Alexandria, Sydney 2015

(02) 9560-1434 [aikido.yoshinkai.nsw@gmail.com](mailto:aikido.yoshinkai.nsw@gmail.com)

**Fri.Aug.28<sup>th</sup> 6:00 - 9:00 pm \$60**

## **Aikido Foundations**

Explore the fundamental principles of one of the world's most dynamic martial arts with internationally recognized teacher Joe Thambu Shihan, 7<sup>th</sup> Dan Yoshinkan Aikido. Learn how to improve your performance in your art or style. Open to all martial arts styles.

**Sat.Aug.29<sup>th</sup> 11:30-1:30 pm (Break) 3:00-5:00 pm \$90**

## **Restraint and Removal Seminar**

For nearly 20 years Joe Thambu Shihan has trained security personnel and armed forces in restraint and removal techniques. This seminar places the everyday concepts and structures of Yoshinkan Aikido and applies them into practical self-defense. This seminar is very popular amongst people working in the security industry, but is also extremely beneficial to anyone training martial arts.

Easy-to-learn techniques. Control and neutralize violent or resistant people within the constraints of "Duty of Care." Open to security personnel, police and martial artists of all styles.

**Sun.Aug.30<sup>th</sup> 10:30-1:30 pm \$60**

## **Aikido-Principle and Practice**

Learn principles of movement and technique to perform aikido at an advanced level. Receive personal coaching from an internationally recognized teacher in the important practice principles that made Joe Thambu Shihan a leading aikido practitioner. Open to all aikido students from 3<sup>rd</sup> kyu level and teachers.

***3-Seminar Package only \$139***

## **Roseville Girls College Seminar**

AYNSW has been invited back to Roseville Girls College to run an introduction to aikido and self-defense seminar on **Thursday June 25** in the morning. There will be about 90 students attending in 2-3 groups through the morning. If you are available and would like to assist please see AYNSW reception for more details.

## Hansei (Reflections)

Training in aikido or indeed, any martial art, brings lots of benefits to the practitioner. Improved fitness, self-confidence, flexibility and stamina, a sense of purpose in life, and of course self-defense skills. All of the above are important and are a part of making us better on the inside and out.

Aikido is an art form that really requires a partner for training. We can shadow our movements to a degree, but nothing can replace the act of training with a partner who will allow us to learn the technique fully. Having an array of different partners in a training session means that while training the same technique we are going to experience it a little differently as we adjust to each new partner's size, speed and experience. The subtleties within the technique are exposed when we change partners and find that what worked well on "A" may not work exactly the same on "B". This is the beauty of training and what makes it interesting for me still almost 25 years since first starting out.

If I had to pick traits that I have developed through training I'd have to say tolerance and patience would be at the top of the list. I am lucky to have had some excellent training partners over the years. My Shodan partner was a very experienced karate black belt who helped me to push through mental limits. My Senshusei Course partners really worked well with me in a cooperative sense to learn the art as best we could. And there have been many others along the way. Not all have had the same level of experience or ability, but all have taught me directly or indirectly something about the art and life.

In a perfect training environment we would always have someone equivalent or better to ourselves to work with. We would be instinctively in-sync and each session would build solidly upon the last. The reality is that while we may develop a training relationship with 1 or 2 along those lines, we are generally going to be training with people who are not our ideal partners. Recognizing this and adjusting to the individual is perhaps the greatest skill aikido can teach us. We learn to get on with the job; training and helping the partner improve so that we can improve. Life is very much the same; we help others so that they can help us. It is the ultimate circle within aikido.

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Regards,  
Peggy & Darren

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Alexandria Sydney 2015  
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[www.aikido-sydney.com.au](http://www.aikido-sydney.com.au)

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.