



AYNSW June–July 2010 Newsletter

Hello everyone.

Here is the June–July Newsletter for 2010.

Grading

Congratulations to those who graded on June 24th and June 26th. Everyone put a lot into their training especially the weeks leading up to the test and did their best.

Results are below:

Junior 8th Kyu

Ike Schwartz
Lukas Nelson
Tanaz Deboo
Zarine Deboo

Junior 7th Kyu

Ryan Friend
Andrew DiBlasio
Lara Fasolin

Senior 8th Kyu

Junior 6th Kyu

Owen Fasolin
Will Karagiannis
Julian Soady
Sam Byron
Charlie Byron

Richard Berry

Josephine Beh

Daisuke Ueda

Adrian Banu

Sean Mendis

The next grading will take place on Sat.Aug.28th at 2:00. Grading invitations will be sent out a few weeks prior.

School Seminars

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

- Sydney Uni Sports Camp: Tues. July 13th and Wed. July 14th
- Balgowlah Boys Campus: Thursday July 29th 9.00–1.00

School Holiday Schedule

The Aiki Kids classes follow the NSW public school calendar. The last kids class for Term 2 was **Sat. July 3rd** and the first class for Term 3 will be **Tues. July 20th**. Please note that the adults sessions that are a part of the kids classes are not on during the school break.

AYNSW in BLITZ Magazine

AYNSW will be featured again in Blitz Martial Arts Magazine. Darren Sensei will be in the Drill of the Month section, a segment that focuses on traditional drills and exercises. Keep an eye out for the next issue on the newsstands.

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.

Aikido Celebrity Bodyguard

For those of you who like to keep track of their entertainment news here is a juicy tidbit mixed in with a splash of aikido: AYNSW student Shengo Deane has caught the eye of the U.S. paparazzi in Hollywood working as a bodyguard for a famous celebrity. He has put his aikido skills to good use dealing with crowd control and overzealous fans. Check out the links below to see Shengo in action:

http://au.eonline.com/uberblog/hwood_party_girl/b184049_kourtney_kardashian_scott_disicks_date.html

http://www.google.com.au/search?client=safari&rls=en&q=kim+k+mystery+man&ie=UTF-8&oe=UTF-8&redir_esc=&ei=YrUrTPSTHYG3cc_fhaoJ

****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” ...*

Early one morning a few weeks ago I was on my way to the dojo for the early morning class. It was still dark and very chilly; the neighbourhood was still slowly waking up.... it reminded me of many early mornings in Tokyo going to Honbu Dojo for training. Every morning, 5 days a week we would arrive at the dojo at 7:00, do the cleaning, take morning roll call, have a brief meeting then training for the day would start at 8:30 sharp.

During winter there was a 10-day period of early morning training called “kangeiko” which literally means mid-winter training. The special kangeiko training started at 7:00 in the morning and the whole idea was to push yourself; show your spirit – nothing like getting up at 5:30 am on a bitterly cold morning to show how dedicated you were! – and throw yourself into the training and the atmosphere of energy from everyone in the dojo.

In the class we would often train with different people, some we may have never met before and if you were quick enough you could get one of the senior black belts or even an instructor as a partner. One session I was lucky enough to grab one of the senior uchideshi for my partner. The technique was sankajou and I remember how smooth his technique felt. It didn’t hurt at all but was completely effective which can sometimes be difficult to accomplish, especially for a physically stronger person to try to rely on technique rather than strength to execute it on a smaller person with minimal pain.

The senior uchideshi and I trained with focus, and aside from the kiai we didn’t speak much. I just remember the great feeling of concentration and forward feeling, the fast pace and single focus of working with a partner. Though he didn’t correct me much (though I probably needed to be!) I learned a tiny little bit more about sankajou, not so much by what he verbally said, but by how it was conveyed through his technique and self-analyzing how I was executing mine. After the class I asked him a few technical questions and he graciously explained the points to me. Of course listening to these technical instructions didn’t always translate into actually doing the technique properly! But the uchideshi – and other instructors – would often say “Remember, repeat, forget, remember, repeat, forget,” and then eventually it would just be “Remember and repeat” until it becomes second nature. Practice makes perfect I guess. -- PW

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

July 9th of this year marked the 5th anniversary of the opening of Aikido Yoshinkai NSW! 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 training space within a matter of weeks, and that was not an easy feat! To commemorate the **5th anniversary** and the opening of the new dojo AYNSW will be holding a demonstration open free to the public on **Saturday August 21st** from 2:00. AYNSW welcomes its members and their family and friends to help celebrate this special event.

Joe Thambu Shihan Seminar at AYNSW

Aikido Yoshinkai NSW is excited to report that Joe Thambu Shihan 7th Dan, Founder and Chief Instructor of Aikido Shudokan Melbourne <http://www.aikidoshudokan.com/> will be visiting AYNSW in August to conduct his popular **Restraint & Removal Seminar**. For nearly 20 years Joe Thambu Shihan has trained security personnel, police personnel and armed forces in restraint and removal techniques.

Where: Aikido Yoshinkai NSW Dojo
When: Sunday August 22nd
Time: 11:00 – 1:00 (1 hour break) 2:00 – 4:00
Cost: \$90

Easy to learn techniques – Control & neutralize violent or resistant people within the constraints of “Duty of Care”. Open to security, police & martial artists of all styles

Japanese Language iPhone Application

For those of you with an interest in Japanese culture and language check out the following iphone application:

<http://itunes.apple.com/au/app/id367216357?mt=8>

It was created by a small team of Japanese language enthusiasts lead by Aikido Shudokan instructor Paul Chapman Sensei. I have downloaded this onto my iphone

and have found it to be a most useful application combining various levels of study and most usefully a Japanese–English / English–Japanese dictionary.

I have studied Japanese extensively, used lots of different media and have found this to be the best value for money and re-awoke an enthusiasm for Japanese study that had waned a long time ago.

--- Darren

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 Yoshinkan: Demonstration and Advanced Techniques



Yoshinkan Aikido, founded by Gozo Shioda, is a martial art famous for its dynamic and effective techniques. *Aikido Yoshinkan: Demonstration and Advanced Techniques* shows standard demonstration routines from basic to advanced sets as well as self-defense applications and *Jiyu Waza* (freestyle techniques). This DVD is geared toward experienced practitioners of aikido who often do *embu geiko* (demonstration training) in preparation for formal demonstrations and also wish to have a learning tool to complement their more advanced training.

Features of this DVD include:

Kihon Dosa Renzoku, Kihon Dosa to Kanren Waza, Chuukyu Waza, Kankyu Waza, Tanto Soho, Goshin Waza, Jiyu Waza

Technical features of this DVD include:

Region: ALL, NTSC

Running time: 32 minutes

Language: Japanese, English, French

Subtitles: Japanese, English, French

Hansei (Reflections)

A small group of AYNSW members are preparing to travel to Japan in November. For some it will be their first trip to Japan, and for others a second, third time. The draw of course is the aikido. It is the common thread that brings us together.

I have been fortunate to have experienced many international seminars and gasshuku (training camps) in Australia, Japan, Europe, Asia and North America. There are so many memorable training moments, but more than those brief aiki moments in time on the mat, the lasting friendships with aikidoka across the world have given real meaning to the expression aiki is life.

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).