

AYNSW March 2009 Newsletter

Hello everyone.
Here is the AYNWS Newsletter for March.

Grading

Congratulations to those who tested on Sat.Feb.28th. Everyone trained hard for their test and it showed. It was also a good opportunity to watch 2 high-level tests- 2nd Kyu brown belt and Shodan (1st degree black belt) and see how far those students have come. Well done, everyone!

Results are as follows:

8th kyu Senior

Matthew Cole
Denny
George Karagiannis
Gus Hill

7th kyu Senior

Stefan Von Reiche
Arthur Kogan

6th kyu Senior

Clennio Ferreira
Ashley Trotter
Ronny Sakamoto
Josh Fuchs

5th kyu Senior

Rene Christen
Kirsty Bryant
Karma Sherpa

4th kyu Senior

John Rawson
Irina Kozyrevitch

2nd Kyu

Andrew Barnes

Shodan

Harry Chin

On the Mats

Before class

The dojo is a place where we come to train, but also important as a place of social contact and interaction. While it is great that everyone gets a chance to catch up with each other and chat, just please be aware of the clock especially just before the class starts. Seiza is 5 minutes before the start of the class, so at that time the most senior student on the mats should call out "Seiretsu (line-up)!" and everyone lines up in seiza accordingly, and all chatting should cease. Seiza is a good opportunity to clear your mind and get ready to focus on the training ahead.

During class

Please keep in mind that if you need to step off the mats for any reason during the class let the instructor know and bow on and off accordingly.

Takeo Sensei 2009

As everyone knows, in just a little over a month AYNSW will be hosting its biggest seminar ever.

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)

Last weekend marked 4 years since Peggy, Ryan and I Japan. I took some time over the weekend to look over video content of Takeno Sensei, mainly to reacquaint myself with Japanese, and the terms he uses in teaching. Perhaps the passage of time has given me a different perspective, his technique and that of Inoue Sensei and Chida Sensei was something that I was exposed to almost daily for 13 years. I suppose to some extent we came to take our teachers and their experience for granted. The truth is that while watching the video footage over the course of an evening I could clearly see the dedication and effort that has gone into his art. With Takeno Sensei we can clearly see someone who has devoted every working day of his adult life to perfecting his chosen path. The beauty of the movement is matched by the passion within his voice for what he does.

I am looking forward to the Easter weekend on many levels. It is a chance to learn, to be inspired, meet Yoshinkan practioners from interstate and overseas and have some fun. One of the things that makes Takeno Sensei such an effective teacher is his ability to read people's form and apply the appropriate correction for their level. Whether one is a beginner or an experienced practitioner I can guarantee both a level of enjoyment and inspiration as well as a step up in understanding and ability. I look forward to training with you over that weekend.

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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.