



## **AYNSW March 2010 Newsletter**

Hello everyone.

Here is the first **AYNSW** Newsletter for 2010.

### **Grading**

Congratulations to those who graded in December and February. Everyone put a lot into their training especially the weeks leading up to the test and did their best.

Results are below:

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

Ty Behnke

#### **Senior 8th Kyu**

Samuel Pigott

Takako Fasolin

Warwick Jones

Paul Alex

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

Alias Coady

Ngai Quyet Ghi

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

Sara Bryant

Sergey

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

Michael Fryer

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

Nathan Smith

Arthur Kogan

#### **3rd Kyu**

Tom Seeto

Matthew Maguire

Irina Kozyrevitch

Kirsty Bryant

Matthew Cole

John Rawson

Rene Christen

#### **2nd Kyu**

Paul Doessel

Andrew Wong

Iftekher Chowdhury

The next grading will be held on **Saturday 1st May**. If you are interested in testing please speak to an instructor at reception.

### **New Grading Syllabus**

Please note that there will be a new AYNWS grading syllabus from May of this year. For those of you who are planning to test please refer to the updated syllabus on the website or at the dojo.

## **\*\* AYNSW Has Moved\*\***

Aikido Yoshinkai NSW has moved to its new location in Marrickville! The final stages of construction of the new dojo are still ongoing, but the important thing is the main mats are down and we are ready to train!

On Saturday March 20<sup>th</sup> we held our last classes in Alexandria and with a final “Osu!” said good-bye to our dojo of the last five years. We wish to thank everyone who helped on the day with moving the mats, cleaning, putting the mats down in the new location, etc. Also, a big thank you goes out to those who helped with setting up the new dojo in Marrickville; the dojo transition would not have been as quick and smooth without your help.

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

**Postal Address:** Aikido Yoshinkai NSW  
PO Box 737  
Marrickville 1475

**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 418** Burwood Westfield – Ashfield –Marrickville –Sydenham - Tempe

[http://www.sydneybuses.info/uploads/File/pdfs/regular\\_route\\_maps/418map.pdf](http://www.sydneybuses.info/uploads/File/pdfs/regular_route_maps/418map.pdf)

**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)

**Metro Bus 30** Spit Junction - Sydenham Station via Cremorne, Neutral Bay, Wynyard, Town Hall, Railway Square, University of Sydney & Enmore (begins March 28, 2010)

[http://www.131500.com.au/servicechanges/service\\_change\\_detail.asp?item\\_id=36610](http://www.131500.com.au/servicechanges/service_change_detail.asp?item_id=36610)

**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.

## Housekeeping

With the new dojo still undergoing construction and growing as more mats are eventually laid down, it can be confusing with the proper etiquette of where/when to bow. To help clarify this and other things around the dojo:

- One standing bow towards *Shomen* (the front) anytime you step **on or off** the wooden boards that will eventually become the walkway.
- Coming onto the mats bow in *seiza* (kneeling position) towards *Shomen*.
- If you come onto the mats after the class has started, bow to *Shomen* first, and wait for the Sensei to see you then bow and “Osu” to each other. If the Sensei does not notice you run up closer to the Sensei then bow.
- On the mats remember to always refer to the instructor as *Sensei*.
- Please make sure you are adequately hydrated before the class and have a bottled drink with you. The kitchenette area will eventually become a private area, so if you need water there will be cups provided in the washroom sinks area.
- The drinks fridge is for the sale of AYNSW drinks **only**. Please **do not** store your opened bottles in the fridge.

## Public Holidays

Please note that the dojo will be closed in April for the following public holidays:

**Easter Weekend**: Fri. April 2<sup>nd</sup> to Mon. April 5<sup>th</sup>. Training resumes Tuesday April 6<sup>th</sup>.

**ANZAC Day Weekend**: Sat. April 24<sup>th</sup> to Mon. April 26<sup>th</sup>. AYNSW will be attending the Chida Sensei Seminar in Melbourne this weekend so the dojo will be shut on the Saturday as well as the Monday. Training resumes Tuesday April 27<sup>th</sup>.

## Schedule Change

Please note that on Tuesday April 6<sup>th</sup> there will be no afternoon class 1:00 – 2:00.

**Wednesday 7am class** will start soon, but not until major work on the new dojo has been completed, sometime after Easter.

## School Holidays

AYNSW follows the NSW school calendar so please note there will be no kids' classes from Fri April 2<sup>nd</sup> to Mon. April 19<sup>th</sup>. The last kids' class of Term 1 will be **Thurs. April 1<sup>st</sup>** and the first class of Term 2 will be **Tues. April 20<sup>th</sup>**.

## Sydney University Sports Camp

AYNSW will once again be teaching at the kids' sports camp at Sydney University on Wednesday April 7<sup>th</sup> and Wednesday April 14<sup>th</sup>. If anyone who would like to assist please contact Darren Sensei.

## 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> 2010**. 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

- Pay by April 5th 2009: **AUD\$200.00**
- Pay after April 5th 2009: **AUD\$250.00**

### Registration

AYNSW will be organizing a group to participate in this seminar to be held at Melbourne Girls' College, Yarra Blvd. Richmond. If you are planning to attend please fill out the registration form that can be downloaded from the Shudokan website [http://www.aikidoshudokan.com/shudokanmedia/chida\\_shihan\\_reg.pdf](http://www.aikidoshudokan.com/shudokanmedia/chida_shihan_reg.pdf) and hand it in to AYNSW reception **before April 5<sup>th</sup>**.

### Demonstration/Competition

There will also be a **demonstration** and **kihon waza / jiyu waza competition** event that AYNSW will take part in. Please note that this will be on Mon. April 26<sup>th</sup> 2:00 to 5:00 so anyone who plans to return to Sydney early that day may not be able to take part.

We will be practicing the techniques for the kihon waza competition in class and organizing groups to participate. If you are interested in taking part in either competition please speak to one of the AYNSW instructors.

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. We hope you can join us!

Visit <http://www.aikidoshudokan.com/chida-shihan-australian-tour-2010/> for more details on venue.

## **Yoshinkan Aikido Gozo Shioda Memorial Festival 2010**

This year 2010 marks the 16<sup>th</sup> 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.20<sup>th</sup> – 21<sup>st</sup> 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.

## **AYNSW at Martial Arts Seminar**

AYNSW was invited to teach at a special martial arts seminar "Weekend of Masters" event hosted by the International Hapkido Alliance. Darren Sensei assisted by Helder taught the aikido segment on Saturday March 6<sup>th</sup> and was very impressed with the respect and encouraging attitude everyone displayed towards each other. Their love and enthusiasm for martial arts was evident and very inspiring; it was a very enjoyable seminar to be a part of.

## **Aikido News Articles**

AYNSW was 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. You can have a browse through the magazine at the dojo.

## **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.



**Aikido Yoshinkan: The Way of Aikido Techniques** provides a comprehensive look at the basic movements and techniques of Yoshinkan Aikido, a martial art famous for its dynamic movements and techniques. It also features a rare interview with Gozo Shioda, the founder of Yoshinkan Aikido, as he recounts how he first started aikido, and his thoughts on training. Techniques in this DVD are demonstrated by the top students of Gozo Shioda and there are also demonstrations by the master himself. This is a fantastic DVD to aid those just starting out in Yoshinkan Aikido.

**Features of this DVD include:**

- History of Yoshinkan Aikido
- Interview with Gozo Shioda

- Comprehensive explanations and demonstrations of basic movements and techniques: Kamae, Seizahou, Shikkoho, Hiriki No Yosei, Tai No Henko, Shumatsu Dosa, Kokyuhō, Shiho Nage, Ikkajo, Nikajo, Sankajo, Yonkajo, Sokumen Irimi Nage, Shomen Irimi Nage, Kotegaeshi, Tenchi Nage, Hiji Shime, Kokyunage, Jiyu Waza
- Demonstrations by Gozo Shioda

Technical features of this DVD include:

Region: ALL, NTSC

Running time: 54 minutes

Language: Japanese, English, French

Subtitles: Japanese, English, French

## Hansei (Reflections)

Three months into 2010 and already a lot has happened with more in store for this big year! The new dojo in Marrickville opened on March 22<sup>nd</sup> and is still “under construction”. Thank you to everyone who has contributed towards getting the move completed. Without the combined efforts of members there is no way we could have achieved all that we have in such a short time. Special thanks to Warwick Jones for his leadership and amazing use of Pythagoras theorem to ensure that the dojo will be built correctly. Please be patient over the next few weeks as we sort out the the remaining works and get everything stowed away correctly. There will be a grand opening demonstration a little later in the year.

OSU!

DF

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Kind regards,  
Peggy & Darren

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Marrickville, Sydney 2204  
(02) 9560 1434 / 0422 522 888

[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).