



## **AYNSW November 2009 Newsletter**

Hello everyone.

Here is the **AYNSW** Newsletter for November.

### **Grading**

Congratulations to the following people who graded last month and earlier this month. Everyone trained hard and did their best.

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

Caleb Sawyer

Sean Torban

#### **Junior 7<sup>th</sup> kyu**

Will Karagiannis

Julian Soady

Jai Kuruvita

Marley Kuruvita

Owen Fasolin

#### **Junior 5<sup>th</sup> kyu**

Leanna Shteinberg

#### **Senior 8th kyu**

Ronald Harrison

#### **Senior 7th kyu**

Rachel Francois

#### **Senior 6th kyu**

George Karagiannis

Michael Fryer

#### **Senior 5th kyu**

Andy Lam

Claire Holloway

Gus Hill

Nathan Smith

#### **Senior 4th kyu**

Brian Lu

The final grading of 2009 will take place on Friday December 18<sup>th</sup> from 6:30. There will be no class that day but the dojo will be open from 5:30 and students are welcome to come and do test practice before the grading.

### **AYNSW is Moving**

Aikido Yoshinkai NSW is excited to announce that it will be moving to a bigger dojo premises at the beginning of 2010. Details are as follows:

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

**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 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)

**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.

We are currently aiming for classes to start at the new dojo from January 2010. More details will be forthcoming.

## **Aiki Kids Bonenkai (Year-end Party)**

The end of year is fast approaching and we know how busy things can get around this time. We would just like to let you know about the *bonenkai*, or end-of-year party and awards ceremony we have planned for the kids so you can mark it on the calendar. Details are as follows:

**Date:** Saturday December 5th

**Time:** 1:00 - 3:00

**Program:** 1:00 - 1:30 -- Games

1:30 - 2:00 -- Lunch (pizza and drinks)

*\* Please let us know of any allergies or dietary restrictions\**

2:00 - 2:30 -- Games

2:30 - 3:00 -- Awards ceremony

**Dress:** Regular clothes; no dogi required

**Cost:** \$15 per child

You can drop your kids off and return around 2:30 for the start of the awards ceremony to see them receive an award. Please let us know **no later than Dec.1st** whether or not they can attend so we can plan accordingly. Your children can also invite their friends to attend the party.

*\* Please note that on that day there will be no kids' class in the morning. \**

We hope that your child can attend the party; it should be lots of fun!

## **AYNSW Bonenkai**

*Bonenkai*, or end-of-year party in Japan, is a time for reflection on events of the year and a good excuse to eat, drink and be merry! This year AYNSW will be holding the first of many bonenkai in its new home Marrickville:

**Date:** Saturday December 19<sup>th</sup>

**Cocktail Hour:** 5:00 – 6:00 at the new AYNSW dojo at Level 1 Rear, 310 Marrickville Rd. Come join us for a few drinks while you go on the grand tour of the new dojo!

**Dinner:** 6:00 onwards across the street at Bun Bo Hue Huong Giang Vietnamese Restaurant 287 Marrickville Rd.

**Cost:** \$30 set menu, **BYO**

Friends, family all welcome! Seating is limited so please book and pay no later than **Tuesday December 15<sup>th</sup>**.

## **Schedule Changes**

Due to preparations for the upcoming dojo move and various events next month there will be some changes to the schedule:

### **Saturday December 5<sup>th</sup>**

- There will be no kids' class that morning because of the party later in the afternoon.
- The adults' classes will be earlier than usual 10:00 – 11:00 and 11:15 – 12:15 due to the kids' party.

### **Friday December 18<sup>th</sup>**

- There will be no class that day due to the grading from 6:30.

## **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 23<sup>rd</sup>-26<sup>th</sup> next year. It will be a great opportunity to train under Chida Shihan, former Chief Instructor of Yoshinkan Honbu and experience his smooth and flowing technique.

More details on this event will be available in the coming months.

## **Aikido News Articles**

AYNSW will be 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. Keep an eye out for the magazine on the newsstands!

## **Hansei (Reflections)**

It is four and a half years since we opened AYNSW in Alexandria. At that time there was no Yoshinkan Aikido in NSW, but we set out to plant the flag and promote Yoshinkan as best we could.

Since then we have hosted Joe Thambu Sensei from Aikido Shudokan Melbourne twice, Robert Mustard Sensei of Canada, Inoue Sensei and Takeno Sensei. People have come to know of Yoshinkan Aikido through these events, demonstrations and seminars. I think everyone can be proud of the combined dojo effort that has gone into making every seminar and demonstration such a huge success. If aikido is the art of cooperation leading to success, then as a team we have shown this trait time and time again.

My vision for AYNSW was a dojo that would attract people from all walks of life. They come together from diverse backgrounds, working together to learn and apply aikido techniques on each other in a spirit of cooperative harmony.

The outcomes of aikido training are both short & long term. Short term we see an increase in stamina, balance, flexibility and coordination. We learn about ourselves as we struggle to overcome simple hurdles like learning to fall safely, learning to move swiftly and smoothly. As we progress we become more attuned to ourselves and those we are training with. We develop an affinity with Japanese language & culture and our understanding of personal security and self-defense grows.

Longer term we come to respect all around us, as we know that everyone has a skill or talent that is above our own. By committing to one activity and attempting to master it, we have limited our resources in other areas. We learn to recognize this and appreciate each and everyone for their own talents and skills, whether they are in martial arts, the arts, commerce or other. The pursuit of excellence is the common thread, a thread that has a starting point but no end. This is what it is to apply ourselves to Budo. To

constantly re-evaluate and improve on our last training effort. It is important that we keep this feeling, that of novice pioneers, as we move forward into the next stage of our growth as an organization striving for excellence.

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Regards,  
Peggy & Darren

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[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).