



## **AYNSW September 2009 Newsletter**

Hello everyone.

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

### **Grading**

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

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

Andrew DiBlasio

#### **Senior 1st kyu**

Andrew Barnes

#### **Senior 2nd kyu**

Seiji Nakae

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

John Whatman

Gus Hill

Nathan Smith

Michael Bui

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

Sara Bryant

Sergey Seredinin

Michael Fryer

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

Paul Farrell

The next grading will take place Sat.Oct.3<sup>rd</sup> .....

### **Public Holiday**

Please note that Monday October 5<sup>th</sup> is Labour Day and the dojo will be shut that day.

AYNSW follows the school term calendar so please note that from Oct.3<sup>rd</sup> to Oct.18<sup>th</sup> there will be no kids classes over the school term holidays. The last kids class of Term 3 will be Thurs.Oct.1<sup>st</sup> and the first kids class of Term 4 will be Oct.20<sup>th</sup>. Those on monthly accounts will have them put on hold over the break.

### **AYNSW YouTube Videos**

Aikido Yoshinkai NSW has launched its YouTube TV Channel AYNSW. The site has a range of video content on it and we will be adding to it regularly. Current video available includes Inoue Sensei Seminar 2008, Takeno Sensei Demonstration 2009 (thanks to Patrick Matijevic for editing) and various other aikido clips.

On July 25<sup>th</sup> AYNSW held a public demonstration to commemorate its 4-year anniversary. Check out this video and others at <http://www.youtube.com/user/AYNSW#play/uploads>

## **Blitz Martial Arts Magazine**

Darren Sensei is featured in an upcoming issue of Blitz Magazine in their new segment titled "Fightin' Words." He was asked to write on cross training in martial arts.

Also look out for a mention in the magazine on Joe Sensei's Sydney seminars.

## **Joe Thambu Sensei Seminars**

The 3 days with Joe Sensei were a great success. Joe Sensei is an inspiring teacher and brings a wealth of knowledge to the mat every time. Special thanks to Paul Cale and Matthew Horton for their assistance throughout the weekend.

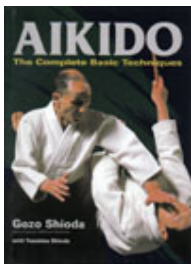
Shudokan dvds including those covered during the seminar weekend are available for purchase at the dojo. Stocks are limited; please inquire at the desk.

## **School Introduction Seminar**

AYNSW has been invited to run an intro to aikido session at St. Andrews on Monday September 28<sup>th</sup> from 1pm-3pm. If you are free and would like to assist please see Darren.

## **Aikido: The Complete Basic Techniques**

This text by Gozo Shioda was originally published in Japanese as Aikido Kihon Waza. The classic 1978 edition has been given a rework with help from Yasuhisa Shioda and additional techniques have been included. This text is an essential companion for Total Aikido. Darren was one of the main participants appearing in the additional photography included for this edition. Available at major bookstores or online.



## **Hansei (Reflections)**

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The seminars with Joe Sensei over the last weekend of August were a great success. For me it was another milestone in the development of AYNSW. With all 3 days sold out well in advance this was a testament to both the level of respect given to Joe Sensei and the commitment AYNSW students put towards their training.

Indeed Joe Sensei commented repeatedly through the weekend how impressed he was with the training commitment, discipline and etiquette displayed. Thank you to all who attended and committed themselves to Sensei's instruction.

After training conversations about aikido often come back to Japan, Japanese language and culture. Japanese is a visual language. The vocabulary is displayed in picture form (kanji) with two or three characters linking to make a word. In English we link letters to spell out words, but each individual letter has no significant meaning on its own. In Japanese, each kanji has a significant meaning, when combined with others their combined meaning can create powerful visual messages to the reader. Indeed *Ai Ki Do* Matching / Spirit / Way and *Yo Shin Kan* Nourish / Spirit / House are two examples where the greater meaning can be conveyed to the reader. As in art, what we see and how we interpret can vary slightly from person to person. That is the joy and beauty of art.

The practice of aikido is the physical application of the concept of *Ai Ki*, Matching Spirit. How each person views, interprets and applies this varies and tends to change with practice and learning. Joe Sensei made mention of this throughout the seminar. I am often asked "What is aikido?" and the answer has not always been readily available for me. At Yoshinkan Honbu the senior teachers, Kancho Sensei (Gozo Shioda) included, would seldom define aikido. They would often explain abstract elements but it was never succinctly defined. Many martial arts schools have a creed, a recital before training that is meant to bring about the right mindset for training. Kancho Sensei took the approach that through physical training each student would draw their own conclusions as to what aikido is. As one trains their thoughts and interpretations will change as their skills and understanding deepens. With this approach there really are no limits to the possibilities of aikido for each individual practitioner.

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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).