



AIKIDO YOSHINKAN

Michiharu Mori Sensei (born in Japan, 1966)

★ Qualification

1. 8th Dan Aikido Yoshinkan
2. Title of Shihan (expert instructor)
3. Advanced instructor's certificate
4. Eligibility to grade up to 6th Dan

★ Background

- *Uchi-deshi* (full-time live-in disciple of Master) – the last direct student of Master Gozo Shioda (*the legend of modern Japanese Budo world*), intensively trained at Headquarters of Aikido Yoshinkan for nine years where he also taught.
- Completed 22nd **Riot Policeman and Professional Aikido Instructor's Course** at HQ in 1986.
- Achievement of Ranks: 5th Dan in 1993, 6th Dan in 2001, 7th Dan in 2007, 8th Dan in 2018
- Established Aikido Yoshinkan Brisbane Dojo here in Australia in **1995**.

★ Teaching experience includes:

- Queensland and Victoria Police - Australia
- Tokyo Metropolitan Police - Tokyo
- Metropolitan Riot Police - Tokyo
- Foreign Instructors course - Tokyo
- Commando and Special Forces
- General Public - Adults and Children
- International Seminars and Clinics

★ What Aikido can teach

- 1) Highly Efficient and Effective Self-defence Techniques
- 2) Awareness and Self-reflection physically and mentally
- 3) A way to harmonise with others and situations

✚ Although **the central aim of training Aikido** is to provide a way or path to follow that will help you overcome crisis, stress and discord in both your personal and public life, it is still a very effective martial art. Aikido will equip you to deal with opponents who may be armed or unarmed, acting alone or in a gang.

✚ There are **no losers in aikido**, for there are no contests. Aikido is a martial art that seeks to redirect and control aggression by the art of not opposing it. **It does not seek to defeat or humiliate an opponent, or even to establish competitive superiority, but only to protect.**



★ Practical Aikido – Goshu-ryu style Aikido (Australian style Aikido)

- Based on Yoshinkan style Aikido Mori Sensei developed **The Practical Aikido**; condensed into realistically usable techniques on the streets against all sorts of strikes, punches and kicks.
- By teaching rather big and strong Australians for nearly twenty-five years, he realised the necessity of modifying Yoshinkan style to fit with the requirements of his Australian students. There, he devised and has been instructing **the realistic skills to suit in today's society** while keeping **the traditional methods** as its foundation.

★ Spirituality

- While Aikido training is purely physical, Mori Sensei places a high value on learning **respect, gratitude, discipline, propriety and harmony**.
- The class is designed to rediscover oneself and learn how to **overcome one's weakness** to improve oneself.
- Mori Sensei guides you, not only teaching Aikido skills, to have **your life more contented**.