

# NEWSLETTER

No.289 September 2019

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: [yoshinkan.info](http://yoshinkan.info) Facebook: [facebook.com/BrisbaneYoshinkanAikido/](https://facebook.com/BrisbaneYoshinkanAikido/) Twitter: [twitter.com/YoshinkanAikido](https://twitter.com/YoshinkanAikido)

## August Report

New members 1

Total number of adults training 49

Total number of children training 33

## 24<sup>th</sup> Annual Demonstration Awards

### ◆ **Aubrey Bannah Award**

- **Amelia Mildner & John deVries**

### ◆ **Jiyu-waza with no weapons**

The Best Jiyu-waza Award

- **Dean Jones & Martin Fernandez**

Mori Sensei's Award

- **Murray Booth and Michael Mader**

### ◆ **Jiyu-waza with weapons**

The Best Weapon Jiyu-waza Award

- **Michael Bannah & Steven Bannah**

Mori Sensei's Award

- **Joel Delaney & Greg Burley**

### ◆ **Goshin-waza (Self-defence style)**

The Best Self Defence Award

- **Kaido Mori & Michael Bannah**

Mori Sensei's Award

- **Murray Booth & Greg Burley**

## Results of Getsurei Shinsa on 23<sup>rd</sup> & 24<sup>th</sup> August

<b>4<sup>th</sup> Kyu</b>	Danielle Gravalin	<b>9<sup>th</sup> Kyu</b>	Anthony Diakos-Masters	<b>5Y11 step</b>	Matt Carpenter
<b>5<sup>th</sup> Kyu</b>	Michael Mader Ayumi Mori		Ava Linaker-Bates Mahlia Grawert	<b>3Y3 step</b>	Stephen Cuthbert
<b>9<sup>th</sup> Kyu</b>	Jahla Harvey Sen Harvey Charlie Pitt		Bayden Grawert Isabella Coney Lucia Coney	<b>2Y12 step</b>	Roland Thompson
				<b>2Y1 step</b>	Neale Windress

## Events in September

### 1. Sogo Shinsa

- Training starts, Friday 13<sup>th</sup> 7:15pm~
- Steps, Friday 27<sup>th</sup> 7:15pm~
- Shinsa, Saturday 28<sup>th</sup> 1:00pm~

### 2. Children's class Holiday

- Children's classes are closed from 21<sup>st</sup> Sep to 7<sup>th</sup> Oct. Class resumes on Thursday 10<sup>th</sup> Oct.

### 3. This Month's Holiday

- Dojo's Holiday - Monday 30<sup>th</sup>

## PARAGRAPHS FROM DEMO WINNERS

Aikido has been a major part of my life for some time now. I would have to say that achieving my Black Belt will always be the greatest moment in my Aikido career, although, there are many other events that stand out almost as much. Winning the Aubrey Bannah award at Brisbane's 24th annual demonstration was one of these moments. Performing with my partner John in front of all those people was such an amazing moment. The weeks of training and preparation had finally payed off. We had wanted to show how Aikido can be relevant in everyday life, as well as, to show that no matter your size you can still defend yourself, because when Aikido is done well, it doesn't require a lot of strength, just good technique.

Osu

### Amelia Mildner

Looking back on the experience makes me think of aiki-waza. I only see what happens on the outside of the Gi. A slight shift in Shite and Uke goes flying through the air. What happens inside the Gi, for me, like most of us is still a mystery. On the outside of the Gi, Amelia and I worked to demonstrate a series of self-defence techniques. On the inside of the Gi was a much bigger event. There was the collaboration of ideas in the initial development. Not just between Amelia and myself but Amelia and her family, who were very happy to think of ways to make Uke suffer. There was the watchful eye of Sensei Ryan keeping us mindful of authenticity and rhythm. The reassuring looks from other students saying. "I'm glad it's you and not me." Did

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not go unnoticed. After the event it was the shine in Amelia's parent's eyes, the smiles and the warm congratulating handshakes from the Brisbane Dojo members. Particularly the congrats from Aubrey's sons gave me a sense of being part of something much bigger. Thank you.

OSU

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## *John deDries*

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As we trained and prepared for this year's annual demonstration, I was able to reflect upon the group dynamics that result from our joint student efforts. The collective efforts of all our dojo led by Shuko San and Sensei always seem greater than any individual. The opportunity to learn and extend is often a feature of the demands of our annual demonstration syllabus, and new categories of waza such as improvised weapons offer ways to study and extend our aikido experience. For those dojo colleagues that I trained and prepared with this year there was a mix of excitement, apprehension, and mild stress, with Sensei's words echoing in my mind – "Enjoy your pressure". It is with this sense of collective effort that we see our Yoshinkan aikido at its best in the resulting displays of jiyu waza and weapons, and the strong spirited way in which our efforts are seen by our examining public. Many of our dojo students come to realize that they are personally capable of so much more when under the group expectations and "pressure" of our annual dojo grading. Thank you, Shuko San and Sensei, for this sense of "pressure".

Osu!

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## *Murray Booth*

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The demonstration comes along every year bringing with it a mix of apprehension and anticipation, at least for me. I always think I will let myself down, or mess up somehow, but in the end it always comes down to a matter of survival! Making sure that I survive through to the end tends to be the main focus of the last week, but once I get through the rehearsal I always feel like I'm on the home straight, and leave the dojo on Saturday full of excitement. The day itself is then just fun, with a bit of nervousness mixed in to add some adrenaline.

My wife Mary also looks forward to the day, and the meal, and is always pleased at how welcome everyone makes her feel. Thank you Sensei and Shuko for giving us the opportunity to experience this, and a big thanks to my partner Martin for going full tilt during training, day after day, sponsored by Voltaren!. Osu!

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## *Dean Jones*

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Firstly, I would like to say what an honour it was to have received "The best Jiyu-waza award" from Sensei.

Thank you Sensei and Shuko-san, for providing an inspiring dojo for us students to learn the amazing martial art of Aikido. I have trained at the Aikido Yoshinkan Brisbane Dojo now for 18 months and have learnt so much in this time. I envision what the next 5 years training at the dojo looks like for me and I'm overcome with a real sense of fulfillment, gratification and excitement.

A BIG THANK YOU to Dean my Jiyu-waza partner for his teachings and patience with me. We trained extremely hard for the annual demonstration and most sessions were really intense. Dean and I pushed our bodies to the absolute limit! Thank you for everything Dean, I truly enjoyed EVERY training session with you.

Lastly, I'd like to say what a pleasure it was to be part of the Dojo's 24th Annual Demonstration. Seeing the senior students display their techniques was inspirational, however I was most amazed by Sensei's Aiki-Waza display. I'm still astonished by how Sensei does this!!! Until the next Demo OSU!

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## *Martin Fernandez*

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I didn't anticipate having to write anything for the newsletter for quite some time. And yet... here I am... I am humbled that you chose to honour Murray and I with your award at this year's demonstration.

As many of you may know, I was the last member of my family to join the Brisbane Dojo family. Having watched both my children in the dojo and at demonstrations, and then my wife as she embarked on the path of challenging herself. I was obstreperous and dismissive, I was not ready to embrace Aikido and what it could offer.

Many a time I entered the Dojo and Sensei greeted me with an Osu to me as I entered the building but not yet being ready to start my own journey I simply answered "hello." This was not as an intentional sign of disrespect, but because I had a vague idea of what Osu meant, I didn't feel it was my place to answer with Osu. I didn't realise that this lack of reply, in-self was disrespectful - for this Sensei, I apologise, and thank you for your continual attempts to welcome me.

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Skip forward now to me, 8 months into my journey along the path of Aikido, I and I feel like I have learnt so much from you Sensei, and yet I am very aware that I have barely scratched the surface of this wonderful thing we do. I have found a constant sense of not wanting to disappoint you Sensei, to honour the knowledge you share with us by constantly striving to learn.....So I keep getting up from the mats, correcting my incorrect feet, then correcting my hands.....then my feet again and again... Thank you for your patience.

Murray, Thank you, You said to me in May that I needed to find a Kyogi Embu partner who would push me. You certainly did that, and then some. I feel that what you taught me was a mere taste of things to come. You pushed me, guided me to work on my break falls and to change my shitei techniques, making the Jiyu-waza more challenging for me.

To the rest of the black belts, thank you for pushing also, guiding me, and taking the time me to help me learn, and for indulging the random request to Ude-garami me, to help me learn to uke it correctly, and for helping me learn Jo-soho and Jo Waza, even though I didn't end up being able to participate in that section of the demonstration.

To my fellow white belts thank you also, I look forward to years of demonstrations and gradings with you all. Tfer, thank you for your patience, waiting for me to step forward onto the mats, and for not holding back and throwing me hard when I need it.

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## **Michael Mader**

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Thank you to Greg for always being an enthusiastic training partner. I thought the level of the demo was great this year. I would like to thank sensei for always challenging us to learn and evolve. The new syllabus is a sign of this and feel it is pushing everyone to better their own level. Thank you to everyone at the dojo, the energy and spirit that everyone brings is what makes it a unique and special place.  
OSU.

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## **Joel Delaney**

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I am very humbled and lucky enough to be part of two Mori Sensei award winning teams. You don't achieve these awards on your own. So special thank you to my award winning partners Murray ("cranky oldmen" self defence kyogi enbu) and Joel (aka: Musashi-i) ("bokken finger" weapons kyogi enbu). Also a special thanks to Roland ("stick to your plan" no weapons kyogi enbu) because while we didn't achieve an award, we did present our best run when it was needed on the day.

But we didn't do this on our own, its the whole dojo family that helped me and Kyogi Enbu partners even get to demo readiness. Thank you Sensei, Thank you Shuko San, Thank you all students and blackbelts and senior dans who are inspiring and patient with passing on their knowledge and skills.

As Sensei has said many times, our demo is a culmination of the previous years hard work ie. "Training for next year starts tomorrow". This is so simple and effective; it is very Aikido. It comes down to one mission to improve our own aikido so that if we improve oneself we have succeeded and the award we receive is encouragement from our dojo family day in day out, month after month, year after year, ... priceless!

みなさん、ありがとうございました。

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## **Greg Burley**

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When in seiza what type of thoughts run through your mind? Is it blank like a monk? Is it forgetting the day of work you just finished? Preparing for grading? Or running through tiaso in your mind?

I, myself try and guide my thoughts towards training. One quote that stands out and delivers is, " You don't rise to the occasion. You fall to the lowest level of your training."

The training leading up to the demo is best opportunity to learn and experience Yoshinkan Aikido. As a teenager I thought it was the worst time of the year to train. You learnt it and then learnt it again then you practised it, then practiced again, over and over and over and again and again and again. These days I see the aikidoka training hard to perfection, trying techniques that they've seen at the last demo or even have seen some of the older black belts doing.

The annual demo brings the best out of the training you have put in over the year. So I thank all the partners that I have trained with through the year and your experiences you have shared with me.

Osu

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## **Michael Bannah**

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