



<b>September Report</b>					
New members 4		Total number of adults training 61		Total number of teens & children training 50	
<b>Results of Sogo Shinsa on 21<sup>st</sup> &amp; 22<sup>nd</sup> September</b>					
<b>Jun-Nidan</b>	Joseph Stuart	<b>5<sup>th</sup> Kyu</b>	Peter Ternouth	<b>4Y4 step</b>	Lee Stemm
<b>Shodan</b>	Mai Bui	<b>6<sup>th</sup> Kyu</b>	Simon Nordon	<b>4Y3 step</b>	Sam Gray
<b>Jun-Shodan</b>	Joel Delaney		Joe Lin	<b>2Y7 step</b>	Murray Booth
<b>1<sup>st</sup> Kyu</b>	Tony Starkie Dominic Hogan	<b>7<sup>th</sup> Kyu</b>	Justin Roopalu Gareth Badcock Sandra Contreras	<b>2Y2 step</b>	Adam Sawyer
<b>2<sup>nd</sup> Kyu</b>	Simon Horn Darsy Darssan Lisa Milne		<b>9<sup>th</sup> Kyu</b>	Vanessa Larsen Russell Johnson	<b>2Y1 step</b>
<b>3<sup>rd</sup> Kyu</b>	Coby Stegman Joshua Rolfe	<b>5Y6 step</b>		Brent Weston	<b>S2 step</b>
<b>Jun-3<sup>rd</sup> Kyu</b>	Steve McKewin	<b>4Y7 step</b>	Matt Carpenter	<b>S1 step</b>	Greg Smith Yukari Watson
<b>Events in October</b>					
<b>1. Getsurei Shinsa</b>			<b>2. Hajime Class</b>		
<ul style="list-style-type: none"> <li>• Training starts, Friday 12<sup>th</sup> 7:15pm~</li> <li>• Steps, Friday 19<sup>th</sup> 7:15pm~</li> <li>• Shinsa, Saturday 20<sup>th</sup> 1:00pm~</li> </ul>			<ul style="list-style-type: none"> <li>• Saturday the 27<sup>th</sup> 1:00pm~</li> <li>• Please note that we will have no regular classes on this day.</li> </ul>		
			<b>3. This Month's Holiday</b>		
			<ul style="list-style-type: none"> <li>• Dojo's Holiday - Monday 22<sup>nd</sup></li> </ul>		

## Paragraphs from the Demo winners

Firstly I would like to say how I am a big fan of the new demonstration format. I feel that by cutting down the length, it really allowed everyone's minds to stay focused and our bodies stayed warmed up. I also enjoyed training for the demonstration more this time as we were able to choose the techniques that we wanted to perform or improve on. This allowed people to step up and try things that they would usually have to wait until they were at senior level like the tanto, bokken and jo.

For people who are not training will probably find this comment hard to understand but I also had an enjoyable time being beaten up by Sensei, thank you Sensei for beating me up. I found that I couldn't pre-empt any of Sensei's movements and that a good uke needs to react and never assume what technique is being performed.

Tom and I have been training together for about 6 and a half years and when I started training with him I was bigger than him, but now he is much bigger than me. Thanks Tom and I hope to see you more at the Dojo this year. Osu.

### **Joe Stuart**

Firstly I would like to thank Mori Sensei and Shuko Sensei for all of their support and patience these last few years, if it wasn't for their guide and encouragement (pushing) back onto the mats. Secondly I would like to thank Joe for being an awesome uke and thank all the students for the great demo this year.



When I first came back to training, I felt very slow and clumsy, and sooooo very sore the next day. I was determined to get back into shape on the mats, and went to the gym to exercise my legs. I told sensei this the next time I trained, and he just laughed at me and said Aikido uses muscles in a different way and sure enough my whole body was very sore the next day.

But sure enough the next two weeks flew by training with Joe and the demo was upon us, D day had arrive. It was the first demo where I actually had sweaty hands before it started! I went onto the mats; all I can remember was thinking a quote from the Disney movie Cars "float like a Cadillac, sting like a Beamer", I think that helped, or at least on reflection I think it helped. Sitting in seiza, waiting for the names to be called out of the winners, I was in total shock and surprise when Joe and my name were called out. It was such a surprising moment, happy and excited but surprising still.

I would like to once again thank Mori Sensei and Shuko Sensei for all their kind words, support and patience, as well as Joe for being such an amazing uke on the day and all of the students of the Brisbane Dojo, thank you. Osu

## ***Tom Bannah***

Last year I watched the demo much as I had for the 3 years prior, from the stands. I was not able to train after 2008 and eventually pretty much not able to walk without extensive pain, due to Psoriatic Arthritis. My amazing trip back to doing and not just watching has culminated in taking part in this year's demonstration and although my Aikido expertise has a long way to go, I feel that this is an appropriate opportunity to say thank you.

I have not been sure how to fully convey the feeling of gratitude I have for being able to train, let alone for being able to walk, sleep well and work for a living, to the Mori family. It all happened so fast I haven't caught up with it yet and the adequate words continue to fail me. I can say Thank You Sensei, from the bottom of my heart for your daily Osazuke for over 9 months (as well as the weekly sessions for the years before that and now) which helped to heal me so well and for your patient, strong guidance and instruction. Thank You Shuko-san for interpreting the Tenrikyo teaching for me so simply and generously. I remain in awe of you both and the example you set and of being a walking miracle. I will tell my story sincerely to anyone who would like to hear it, in the hope that Tenrikyo helps others as much as it helped me.

The level of Aikido and strong spirit in the Brisbane Yoshinkan dojo is absolutely remarkable to me, so to receive an award is both surprising and humbling. I would like to say congratulations to the other award winners and to all the students on a great demo and especially to my talented Jiyu-waza partner, Simon.

Thank you also to Lawrence, Mai, Richard, Lee and Kaido-san and generally everybody training. You have all been so fundamental in helping me back onto the mats after so many years away. Lawrence, you are a bright light- Ngiyabonga Umfaan! J To my fiancé Kym, your encouragement and support has been central and I am forever grateful. OSU!

## ***Greg Smith***

"It was a really great experience to be apart of the 2012 Annual Demonstration. It has been a great experience to train at the Brisbane Dojo under the guidance of Sensei and the other students. I never had plans of winning an award, even when my Jiyu-waza partner Greg said we'd be participating in the demonstration months prior I harboured serious doubts.

By taking the opportunities so generously given by the other students and sensei to train and train hard I was able to perform at the demonstration in a variety of groups, which was a great



learning experience and a lot of fun. My appreciation for Aikido continuously grows through the dojo, through sensei, through training, through the writings of Gozo Shioda and noticing how it affects me in my everyday life.

I say thank you to all senior students who welcome new members and strive to help us, I can not predict how many white belts have been taught before me, the diligence of the seniors is greatly appreciated. I feel as if the spirit of Aikido is reflected in Greg Smith's and his Partner Kym's decision to take me into their home when I had nothing to offer them and was a liability if anything. Truly a life changing action, Greg insisted I try Aikido and started training the day I arrived in Brisbane. For this I predict I will be forever grateful. I thank Lawrence and Greg for constantly pushing me to train, through their very effective methods I've trained harder and grown more than I would have by myself. Last, the dojo itself. The Mori family and their achievements are inspiring and having the opportunity to train in the Brisbane Dojo is so fortunate I feel. I can not think of anywhere else where I can go to learn the lessons that Aikido teaches, and in such time either." Osu

## ***Simon Nordon***

Two years ago I participated in my first Yoshinkan Demonstration. I remember the feeling of nerves and how my racing mind would not help me to focus on the task in front of me.

As time has progressed I have learnt to settle my mind and relax into the knowing of what we have been taught. This year brought a different clarity as I settled myself preparing my mind with stillness and focus. I was absorbing the energy of not only myself but those around me and looked forward to what I had to do. I noticed the children performed with their keenness and no hesitation that left a smile on my face. Then the adults demonstration and how they performed with a lot of grace, spirit and skill.

As I sat in seiza and watched all the black belts, I took note of their performance. It was something to aspire to and it encouraged me to do better next time! Then came the grand finale, Sensei's demonstration! Sensei's powerful techniques were performed with grace and knowing. He teaches with humility and a sense of humour, and most of all he has a giving of love and compassion for all those blessed to be part of this Yoshinkan Family.

A most enjoyable day and night with all my fellow students and teachers I had. Thank you to Sensei Mori and Shuko, and a special thank you to Lawrence, Mai and Joel for their hospitality. I am truly blessed. Osu

## ***Tony Starkie***

I truly enjoyed being part of the 17th annual demonstration this year. Although this was the first time I have participated in our dojo's demonstration, I believe that everyone who participated achieved an exceptional standard on the day. For me, it was especially encouraging to see fellow brown belts and also white belts getting involved to learn new skills and techniques. The training process for the demonstration was a great experience as well; I learnt a few finer details of techniques and also had an opportunity to train with some people who I hadn't trained with before.

I never expected to be in the running for any awards; I was quite nervous on the day and I still find it difficult to judge whether I am executing my techniques correctly. As Uke, I just tried to focus on giving Tony some genuine energy to work with and the rest went by in a blur. After watching all the other excellent Jiyu-Waza performances, I have to say I was blown away by the skill levels and I am quite humbled to receive an award. I guess now I have to focus on improving my Jiyu-Waza for next year! I look forward to training hard with everyone at the dojo...



I would like to take this opportunity to thank Sensei and the senior black belts for this award and also a special thanks to Tony for being my partner through demo training and on the day. OSU!!!

## ***Matt Hede***

Firstly, A big THANK YOU to Mori Sensei and his wife Shuko Sensei and Brisbane Dojo members for the opportunity to attend and participate in their Dojo's 17th Annual Demonstration. It was an honour and a privilege to be asked to be Alister's partner in the Two Man Jiyu-Waza event as Al has a very high level of aikido knowledge but has the ability to execute it too with powerful effect. Thank you to Sensei Richard and his wife Miki Sensei for providing us with a space to train in and for the great advice and tutelage. Osu!

## ***Jarrold Crouch*** (Southside dojo)

I would like to thank Mori Sensei for inviting the Southside Dojo to participate in their demonstration, I would like to thank Richard Sensei for his teaching and letting us train in class and would also like to thank the students of Brisbane dojo for making us feel welcome, one of the moves I did (a variation of Sumi-otoshi) was actually taught to me by one of the Brisbane students.

Also thank you to the students of Southside Dojo who helped me train when my partner couldn't be there and thank you to Jarrold Crouch for being my partner on such short notice and for performing so well. Last year we didn't do so well, we failed to get a high score, this year we came 2nd, (from what Richard Sensei said, because he gave us a low score) so I guess next year we'll win, seems logical, almost destiny. OSU

[Good on you Richard for encouraging your students though it is not quite true! From editor]

## ***Alister Bridge*** (Southside dojo)

At the 17th annual demonstration, something very exciting happened: I won my first aikido trophy! Our group received the Aubrey Bannah Award for the best four-person jiyu-waza. The boys and I have essentially grown up together, which made it even more fun and rewarding. We weren't really sure what we were doing when we first started choreographing. We all had very different ideas that were difficult to put together, but we managed to decide on something in the end.

I'd like to thank Kaido for his choreography, Steve and Marek for being awesome group members, and Shuko and Jenny for their feedback. Finally, congratulations must go to the three other groups, who all performed extremely well on the day. Osu

## ***Genevieve Sargent***

I would like to thank; Sensei for teaching me techniques, the people from the dojo who trained with me for the demonstration, the judges who judged equally and of course to the group I was with, Genevieve, Marek and Steven.

2-3 weeks before the demonstration, Sensei asked me whether I was going to make a group Jiyu-waza. I hesitated quite a bit, since I did want to make a group but I had to finish my assignments for school. In the end I decided to make a group Jiyu-waza, and Sensei advised me to make another Teen group. At first I thought it would be easy since we all have known each other for a long time and all our techniques would be in sync. The first few lessons of the demo training were



good, since we were in sync, but in the lessons after that I realised we couldn't train that much since we were all too busy with our own school stuff. During those lessons I figured that everyone was able to quickly learn their own techniques... and I was left with my 3 man Tasudori.

I was panicking to the very end with my Tasudori. Every time we practised the Tasudori, I always ended up getting stuck in between two attackers or getting hit by one of the three. On the day of the rehearsal, I was able to receive some advice from Sensei and Ryan Slavin about my bad Tasudori. After receiving that good advice, we were able to perform a better 4 man Jiyu-waza. Even though we were able to perform better, I was still really nervous about my Tasudori. I didn't sleep that night since I was thinking about it the whole night. During breakfast I felt really stressed about the Tasudori. My mum knew I was getting stressed from it, she said, "If your group doesn't win, that means it's your entire fault, thanks to your Tasudori. Everything else is good, the timing and the techniques, now it's all up to you."

I would like to thank my group Jiyu-waza mates, Genevieve, Marek and Steven for being a wonderful group. I also would like to thank Sensei and Ryan for giving me good advice, and also to all the people who have trained with me on the mats. Osu

## ***Kaido Mori***

I would like to thank Mori sensei and Shuko sensei for their commitment to their fantastic dojo, and a huge thanks to Kaido, Gen and Marek for being there at the end of every kid's class to practice for the four-man competition, with some laughs along the way.

And a massive hand to Kaido for making the whole thing up a prior to the demo and it's also good to win a trophy with some good mates, while having fun at the same time, it was also really good to see that the demo's spirit was really high. And it was a really good day, with everyone to be really happy. Osu

## ***Steven Bannah***

Phew! the demonstration is now over, and what a good demonstration it was.

What made the demonstration even better for me was winning the prestigious Aubrey Bannah award for group Jiyu waza. It wasn't the first time I had been in a group Jiyu Waza and it won't be the last. This time however Genevieve, Steven, Kaido and I tried our hardest and received the Aubrey Bannah award. This means more to me than just receiving an award, as it remembers the great aikido of Aubrey Bannah. It also shows that after nine or so years, and also participating in nine demonstrations, that I finally know what on earth I'm doing in a demonstration.

So I'd like to thank everyone who has helped, supported and made this aikido journey enjoyable. I'd like to also thank Mum and Dad for the big part they've played in getting me this far in aikido and life, Sensei and Shuko san for their extreme expertise, training and friendly smiles. But most importantly my team mates and friends for their high standard of quality in aikido, the effort they made, and for making receiving this award truly special. Osu

## ***Marek Coleman :^ )***